

FIVE STAR.
★★★★★

Westfield State Athletics (part 18)

2005 - 2006

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Bob Farr
Class of 1955

Westfield State Athletics

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Bob Farr
Class of 1955

2005-2006

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Owls football team is loaded with experience

Sports **The Voice** September 12, 2005

2005-2006

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22 seniors on 2005 roster

By Mickey Curtis

Steve Marino has every right to be excited about the 2005 football season, but the veteran coach has been around long enough not to make any bold predictions.

Marino's optimism stems from two important numbers: 22 and 90. The Owls are loaded with experience with 22 seniors, 15 of whom are listed as their top returning players. And Westfield came to pre-season camp with its largest turnout in years — 103 players. The roster is now set at 90 players, and includes many talented freshmen.

"I think we can have a good year," said the 16th year head coach. "But Fitchburg, Worcester and Bridgewater are all going to be good. And Mass Maritime has a new coach who really has been recruiting; they could get better in a hurry."

The Owls have been the top team the past four years in the Bogan Division of the New England Football Conference (NEFC), which gets more competitive each year. And the NEFC will expand to 16 teams next year with the additions of Plymouth State and Coast Guard.

Westfield has compiled a superlative 22-2 divisional record during the past four seasons, winning division championships in 2001, 2002, and 2003. The Owls' overall record during that span has been 30-11. They won the NEFC title to earn an NCAA Tournament berth in 2001 and participated in the ECAC Tournament in 2002.

Westfield will be striving for its fifth straight winning season, a feat never accomplished in the 24-year history of the college's grid program. Here's a look at the 2005 Owls by position:

DEFENSIVE LINE

The starting front four is one of Westfield's strongest areas. The senior quartet includes ends Justin Sargent and Adam Lapon and tackles Stan Pa'u and Casey Lawrence. The 6-2, 260-pound Lawrence had a good pre-season camp, according to Marino. Lawrence is a fifth-year senior who missed the 2003 season because of military obligations. The 6-2, 307-pound Pa'u is an imposing force inside, while Sargent and Lapon have the ability to make the big plays.

"Those four work well together," Marino said. "We have an experienced defense that should be able to keep us in the game."

"The big thing is that we have to stop the run a little better this year. Our run defense has to improve, especially at critical times in the game."

Providing depth up front are senior Dan Smith, sophomores James DeMeo and Josh Saunders, and freshman Matt Fall, a 6-4, 310-pound tackle.

LINEBACKERS

Three talented seniors provide

additional run defense support at linebacker: Jim Fennelly, Rick Colburn and Ryan Togneri. Fennelly, who plays the middle, led the Owls with 60 tackles last season. Togneri — a 6-0 220-pounder — moves to linebacker after playing three seasons in the defensive secondary.

"We have a strong group at linebacker and Ryan seems to be working out well there," said Marino.

The Owls' linebacker depth includes senior Mike Williams, sophomores Geoff Farrington and Dave DeMango, and freshmen Jason Fielding, Doug Landy and Josh Leger.

DEFENSIVE BACKS

A veteran crew patrols the secondary: senior cornerback Jay Abair, junior cornerback Dave Webster, junior strong safety Ryan Riley and senior free safety Craig Skribiski. Reserves include junior Tyler Charette, sophomore Ricky Angus and freshman Tyler Sullivan. Abair, the quickest of the bunch, earned second team all-conference honors last year when he had a team-high four interceptions.

"They all have experience but it's really hard to say how good they are," Marino said. "We need to get into a game and find out."

OFFENSIVE LINE

This all important position is much improved from last season. They are in much better shape up front with the likes of senior tackles John Kelley and senior guards Chuck Monfett and Chris Nuzzo. Sophomore center Jeff Bienvenue started last season, while Marino praises freshman starting tackle Brett Ralph, a 6-2, 260-pounder from East Longmeadow.

"Brett Ralph is going to be a very good player," said Marino. "All our freshman offensive linemen (10 total) are going to be good," he added. "We have some depth there."

Marino is also impressed with his tight ends. Senior Pat Andrus, who did not play the past two seasons, is a 6-4, 280-pounder who provides extra run block support. Sophomore Steve Yelle also is a good blocker. Marino says that 6-6 freshman Steve Phillips can catch the ball while freshman Craig Regnier may be the best athlete of the four tight ends.

OFFENSIVE BACKS

The Owls have a interesting mix of talent and experience in the backfield. The key is can the offense produce more than a year ago when it only averaged 109 yards rushing per game.

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Senior Mike Lorenzano gets



Westfield State College 2005 Football Captains: Left to right: Ryan Togneri, Rick Colburn, Mark Puchalski, Jim Fennelly.

the starting nod at quarterback. Lorenzano was a key reserve the past three seasons and also saw action last year at wide receiver. The 5-10, 198-pounder is a running threat.

"Mike is a year older and smarter and is more confident," said Marino. "A lot of our success on offense will depend on how well he plays."

The same also can be said for senior Mark Puchalski. To get the ball into the hands of the imposing 6-2, 225-pound senior more often, Marino plans to play Puchalski at both fullback and tailback. Last season Puchalski rushed for 362 yards and had 18 catches for 229 yards.

"He is our best runner right now" said Marino. "We've got to get Puck rolling."

When Puchalski plays fullback, sophomore Dan Stern will be the tailback. Sophomore Tim Thomas will be the blocking back when Puchalski is deep in the backfield.

The Owls' backup quarterback is Brad Barnard, a transfer from Wagner College who is "just starting to feel comfortable with what we are doing," said Marino. Westfield has a bevy of talented first-year running backs who all have different skills, according to Marino. The best of the bunch may be freshman Chris Vinsant, a four-year standout at Mahar Regional in Franklin County who rushed for more than 1,000 yards in each of the past three seasons.

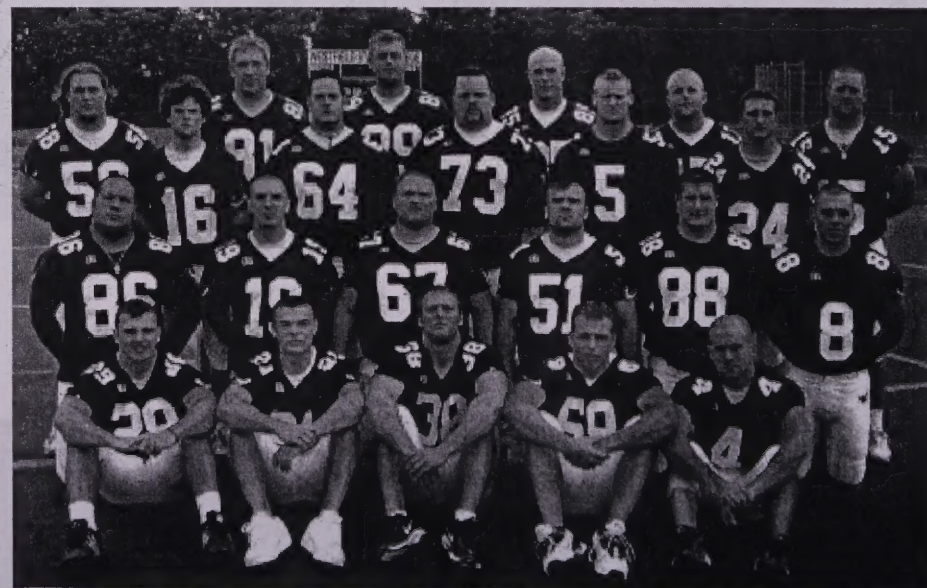
RECEIVERS

Senior starters B.J. Holleran

and Tim Tontonoz both have experience and the ability to catch the ball. Holleran led the 2004 Owls with 49 catches for 645 yards; Tontonoz had 14 catches for 145 yards. Billy Stewart and Matt Shannon are promising sophomores who will see extensive action.

SPECIALTY TEAMS

The Owls have a solid kicking unit. Puchalski was an all-conference punter last season. Sophomore Garrett Davis, the starting place kicker last season (20 of 23 PATs, 3 of 5 field goal attempts), is receiving stiff competition from senior Rory McKeon. Stewart and Abair are the punt returners, while Abair, freshman Chris LaRoche, Vinsant and sophomore Sam Chery are being looked at to return kickoffs.



2005 Seniors - First row, left to right: Ryan Riley, B.J. Holleran, Craig Skribiski, Dan Smith, Tim Tontonoz. Second row: Stan Pa'u, Mike Lorenzano, Chuck Monfett, Mike Williams, Casey Lawrence, Ryan Togneri. Third row: Rory McKeon, Wayne Browning, John Kelley, Jim Fennelly, Jay Abair. Fourth row: Chris Nuzzo, Adam Lapon, Pat Andrus, Justin Sargent, Rick Colburn, Mark Puchalski.

www.newenglandfootballconference.com

Tessa Donoghue Named NCAA Division III Track Athlete of the Year

Sept 2005

Westfield State College graduate Tessa Donoghue of Springfield (Cathedral High School) was selected the 2005 NCAA Division III track and field athlete of the year this past summer by the Collegiate Women's Sports Awards sponsored by Honda.

To celebrate this prestigious honor, American Honda Motor Co., Inc. will donate \$1,000 to the women's athletics fund at Westfield State College.

The Honda program has completed its 29th year (its 18th year at the Division III level) and recognizes the top women's collegiate athletes in each of 12 sports. The 12 recipients were listed on a final ballot as candidates for the Division III Collegiate Women's Athlete of the Year, and Wartburg College's Missy Buttry, a three-time national cross country champion, was selected the athlete of the year. Donoghue was the only New England representative on the final ballot.

"This might be the most impressive honor ever bestowed upon a Westfield State College athlete," said Westfield State sports information director Mickey Curtis. "Tessa truly deserves this award, but to be selected the best women's track and field athlete in the entire NCAA Division III is still difficult to fathom."

Donoghue's accomplishments were hard to overlook. She transferred to Westfield State College during her junior year from Wheaton (Mass.) College, where she was an eight-time All American, including the NCAA long jump champion her freshman year. Also, she was a member of three national champion 4 x 400 relay teams at Wheaton.

During the past two years, she became the most highly decorated athlete in the storied Westfield State track and field program. She earned six All America certificates, including a second place in the triple jump and a fourth in the long jump at the 2005 NCAA Division III national outdoor championships.

Competing against the best athletes in the Northeast, Donoghue was an 11-time All New England and a six-time All-ECAC performer at Westfield State during the indoor and outdoor seasons. She captured three New England Division III long jump titles and won ECAC championships in the long and triple jumps.

Donoghue led the Westfield State women's track and field team to its eighth straight Massachusetts state title by winning seven of the 21 events in the conference championship meet. She holds Westfield State school records in the 400-meter dash (58.17), the long jump (19-6 1/4), and the triple jump (40-3 1/4).

"This (Honda Award) is a great honor for Tessa and for our track and field program," said veteran head coach Sean O'Brien. "Besides being very talented, Tessa is a hard worker. Usually the athletes who have all the talent in the world don't want to work hard but she does."

"We won't be able to replace her," O'Brien continued. "She could have gone anywhere she wanted; she could have gone Division I and competed and been successful."

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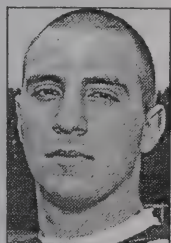
Owls open with players galore

Westfield State coach Steve Marino attributed an outstanding turnout to the college's new field house.

By DICK BAKER

rbaker@repub.com

WESTFIELD - Interest in the football program at Westfield State College is at the highest level in years, and coach Steve Marino is pointing to the new field house, and not four straight winning seasons, as the reason.



Mike Lorenzano

The Owls had their biggest turnout in years when 103 players showed up for pre-season camp. The roster is now set at 90 with many of them freshmen.

"We've had other good seasons, and not had a pickup (in players trying out) the next year," said Marino, now in his 16th year as head coach. "Although the games are played on the field, the recruits see the new field house, and it just gives it a more college atmosphere."

And it should be a terrific atmosphere tonight at 7 when the Owls host rival Western New England College in the President's Trophy game.

"We've got a lot of bodies, but

I guess we'll find out (tonight) if we have a lot of players," Marino said.

The key to the Owls success is at quarterback where senior Mike Lorenzano will get his chance. Lorenzano was backup quarterback the past three seasons, also seeing action last year as a wide receiver.

"Mike Lorenzano has got to play well at quarterback," Marino said. "He's had some disappointments in the past, but he hung in there. He's got some talent. He can run the ball pretty well, and he's got a great arm."

Despite the numbers, depth is still an issue for the Owls.

"We have a lot of freshmen backing up juniors and seniors," Marino said. "Next year will be different."

One of the promising newcomers is running back Chris Vinsant, who rushed for more than 1,000 yards per year his last three seasons at Mahar Regional High School.

"He's only a freshman, but we have some spots where we may use him," Marino said.

Vinsant may get some work on special teams, perhaps joining sophomore Sam Chery on kickoff returns.

Marino is hoping for big num-

WESTFIELD ST. SCHEDULE

SEPTEMBER

9: WNEC 7:00
17: at Nichols 7:00
24: b-Fitchburg St. 1:00
30: b-at Worcester St. 7:00

OCTOBER

8: b-at Mass. Maritime 1:00
15: b-Bridgewater St. 1:00
29: b-Maine Maritime 12:00

NOVEMBER

5: Curry 12:00
b-NEFC Bogan Division game

bers from senior Mark Puchalski, who will play both fullback and tailback. Last season, Puchalski rushed for 362 yards, and had 18 catches for 229 yards. When he is at fullback, sophomore Don Stern will be the tailback. Puchalski was also a New England Football Conference punter last season.

One of Westfield's strengths is its defensive line. The starting front four consists of all seniors - ends Justin Sargent and Adam Lapon, and tackles Stan Pa'u and Casey Lawrence.

The Owls are targeting a fifth straight winning season, a feat never accomplished in the 24-year history of the program.

Westfield, which has compiled a 22-2 divisional record over the past four years, will face stiff competition in the Bogan Division of the NEFC.

Which teams have Marino worried?

"Everybody," he said with a laugh.

Fitchburg State, Worcester and Bridgewater all appear strong. The Owls have won divisional titles in 2001, 2002 and 2003. They captured the NEFC championship to earn an NCAA tournament berth in 2001 and participated in the ECAC tournament in 2002.

Westfield State College coach Marino optimistic

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From left to right, Westfield State College linebacker Ryan Togneri, linebacker Rick Colburn, fullback Mark Puchalski, and linebacker Jim Fennelly are this season's captains of the football team. The Owls opened their 2005 season when they hosted WNEC last night. (Photo courtesy of Westfield State College Sports Information Department)

OWLS

Continued from Page 16

praises freshman starting tackle Brett Ralph, a 6-2, 260-pounder from East Longmeadow.

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WSC football captain injured in Iraq

BY LISANDRA BILLINGS

EDITOR-IN-CHIEF

Westfield State senior, Lance Cpl. Ryan Togneri, is being treated in a hospital in Fallujah after being injured in a roadside bomb on Tuesday, April 11.

Togneri, originally from Turners Falls, Mass., is a Criminal Justice major and was a captain on the football team during the 2005 season.

According to an article in The Recorder, Togneri, who was called in to active duty and deployed with his Marine Corps Reserve unit in December, has had three surgeries in his leg to remove shrapnel caused by the explosion.

"Basically, he had three pieces of shrapnel in his calf," said friend and football teammate, Craig Skribiski. "Two were removed, one

was left because it was embedded in the bone."

Skribiski said that Togneri was navigating shotgun in a humvee when the roadside bomb exploded.

"He's still in Iraq and is going through rehab soon," he said. "He'll probably be off duty for around a month or a little more, then they will place him back on full duty."

Assistant football coach, Sean O'Brien, said that Togneri had wanted to be in Iraq.

"Everybody's always worried about Ryan," he said. "The only person who's not worried about Ryan is Ryan. He wanted to go there, that's what he wanted to do and he was gonna do it."

Skribiski agreed that Togneri wanted to be overseas, "He's passion

See "Togneri" on page 2



-Photo courtesy of Mickey Curtis

Togneri, pictured with his mother, Kerry, and father, Fran, on Football Senior Day in November

Marine injured by bomb

By **DAVID A. VALLETTE**
dvallette@repub.com

MONTAGUE – Marine Lance Cpl. Ryan F. Togneri is no stranger to injury, and he's taking his latest – inflicted by a roadside bomb in Iraq – in stride, his mother said yesterday.

"He's in good spirits," Kerry L. Togneri of Chestnut Street said of her son.

In December, Ryan Togneri was deep into his senior year at Westfield State College, majoring in criminal justice, intending to become a U.S. Marshal when he was called for duty in Iraq.

Last Tuesday, Togneri was on patrol in a Humvee with his unit in Fallujah when the vehicle was rocked by a roadside bomb.

"The whole back of the Humvee was destroyed," Kerry Togneri said.

The blast sent shrapnel into Togneri's leg, leading to three operations to remove metal and sew him up. He is now in a re-



Togneri family photo

Marine Lance Cpl. Ryan F. Togneri, center, of Montague, is flanked by his parents, Kerry L. and Francis C. Togneri Jr., in a photo taken when the Marine was a football player at Westfield State College. Togneri is now serving in Iraq, where he was injured last week.

covery tent, awaiting his return to duty.

However, not all the metal could be removed, his mother said. The shrapnel joins "a plate and six screws" he has had in his arm since his freshman year at Westfield State, thanks to an injury from a pickup football game, she said.

The good thing, she said, is that "he still has his leg."

Togneri was an athlete of note in school, quarterbacking the football team and a member of the basketball team at Turners Falls High School. He also played linebacker for the Westfield State football team.

His father, Francis C. Togneri Jr., is a former football head coach at Turners, and is a corrections officer at the Franklin County House of Correction.

Kerry Togneri is an administrative assistant at Franklin Medical Center and teaches figure skating.

She said the family boasts an array of injuries, including her husband breaking his collarbone and another son, Devon, a junior at Turners, recently breaking his leg.

Ryan, she said, is scheduled to return from Iraq by the end of October.

"I plan to have him enrolled back at Westfield," she said.

Westfield State wins another close one, improves to 2-0

DUDLEY — Senior wide receiver B.J. Holleran (Quincy) caught a career-high 10 passes for 168 yards and two touchdowns to lead Westfield State to a come-from-behind 16-14 New England Football Conference victory over Nichols College on Saturday.

The Owls improved to 2-0 with their second straight close victory as they spoiled Nichols' homecoming and dedication of its new field by rallying from a 14-0 third-period deficit.

Holleran juggled and tipped the ball for at least five yards on his first touchdown reception, a 23-yarder from quarterback Mike Lorenzano (Quincy) with 5:01 remaining in the third quarter. The 5-play TD drive covered 65 yards

Wolski's hat trick leads Owls to victory

WESTFIELD — Sophomore forward Megan Wolski (Plymouth, Mass.) had three goals and an assist — all in the first half to lead Westfield State to a 5-1 victory over Plymouth State in its Little East Conference opener Saturday.

Wolski continued her scoring assault with a goal at the 15-minute mark and with 1:53 left in the half off a penalty corner.

WOMEN'S VOLLEYBALL

See WSC, Page 9

The Owls stunned the Panthers with four first-half

Colburn (East Bridgewater) forced a fumble by option quarterback Tim Cairney that was recovered by line-backer Ryan Togneri (Turners Falls) at the Bison 32. Five plays later, the Owls struck paydirt when Holleran and Lorenzano hooked up for a 10-

yard score

down-saving tackle on the ensuing

Both of Nichols' scores were set up by Westfield turnovers, including a 36-yard interception return by Bryan Meuse to the Owl 2 midway through the third quarter.

But Westfield forced four Nichols

Craig Skribiski (Whately) and Jay Abair (Ludlow).

Nichols led 7-0 at halftime as it recovered a Westfield fumble on a punt at the Owl 37, then scored on a 25-yard pass from Cairney to Darren Zow.

Cairney completed 12 of 24 passes for 86 yards and rushed for 28 yards, but he left the game midway thru the fourth quarter with an injury.

Lorenzano completed 14 of 27 passes for 232 yards and his two scoring strikes to Holleran.

Both teams struggled to run the ball; the Owls gained 78 net yards on 44 attempts and Nichols rushed for 82 yards on 29 carries. Westfield senior fullback Mark Puchalski (South Deerfield) led all rushers with 51 yards on 17 carries. — *Courtesy*

WESTFIELD EVENING NEWS, Monday, September 25, 2006 - Page 9

Coast Guard sinks Westfield State

WESTFIELD — Junior quarterback Christian George and senior running back Josh Williams accounted for 443 yards in total offense and all five touchdowns to power Coast Guard Academy to a 35-21 New England Conference victory over Westfield State on Saturday.

It was the NEFC Bogan Division opener for both teams. Coast Guard is 2-1 overall, Westfield is 0-3.

Both George and Williams rushed for career highs as Coast Guard held off a valiant Westfield State comeback attempt. George carried the ball 12 times for 188 yards and a touchdown; he also completed nine of 15 passes for 113 yards and a touchdown. Williams scored three touchdowns, rushing for 142 yards on 15 carries.

Coast Guard took a 7-0 lead with 10:09 left in the first half on a 60-yard TD scamper by Williams. Williams scored less

than four minutes later on a one-yard plunge to cap a 5-play, 44-yard drive.

Westfield scored its first touchdown of the season with 2:32 remaining in the first half on a seven-yard TD slant pass from sophomore quarterback Dan Cohen to junior receiver Scott McIntyre.

Westfield tied score at 14-all with 6:22 left in the third quarter on a beautiful over-the-shoulder 28-yard touchdown reception by junior Billy Stewart of Chicopee Comp High School. Coast Guard took the ensuing kickoff and quickly marched 78 yards in six plays, with George scoring on a four-yard run.

The Owls came right back on the next possession to tie the score at 21-21. Junior fullback Tim Thomas capped the 51-yard drive with a one-yard TD plunge.

But Westfield was unable to stop the potent Coast Guard

offense led by George and Williams, who scored the game-winning touchdown with 11:59 remaining on an eight-yard run.

Coast Guard scored its final touchdown on a 41-yard TD reception over the middle by tight end Mike Zielinski on a third-and-long situation.

The Bears racked up 526 yards in total offense to Westfield's 352. Senior running back Dave Bergeron had a fine game for the Owls with 120 yards on 27 carries. Cohen, a graduate of Minnechaug High School in Wilbraham, completed 22 of 34 passes for 233 yards and two scores. Stewart had 10 catches for 154 yards; McIntyre seven catches for 60 yards.

Sophomore linebacker Jack Gill led Coast Guard with 13 tackles. Freshman defensive back Josh Mathieu led Westfield with 10 tackles.

Quarterback runs for 7 TDs as SC prevails

AIC in Northeast-10 chase

Staff reports

An amazing football game was highlighted by an unbelievable performance.

Running through and around the nation's No. 9-ranked Division III team, Springfield College quarterback Chris Sharpe ran for seven touchdowns - one shy of the NCAA D-III record - in the Pride's 55-38 victory over St. John Fisher in Pittsford, N.Y.

"I have to admit I was thinking about this game for three weeks," Sharpe said. "We just kept running the plays and taking the plays they were giving us."

In a matchup of unbeaten, 20th-ranked Springfield (7-0, 3-0 Empire 8) unleashed the nation's No. 1 rushing offense against a Fisher defense that had allowed only 56 points, eighth best in Division III.

Sharpe set an NCAA record for touchdowns by a quarterback in one season with 25.

With 280 yards on 26 carries - a 10.8 average that included a 69-yard TD run - the junior also

set Springfield College single-game records for rushing yards, touchdowns, and points (42). His 150 points this season also established a new SC mark.

The game featured 1,041 yards in total offense, and no punts. Springfield had 534 yards, all but 41 on the ground, and Fisher (7-1, 3-1) had 507.

AIC 7, Pace 0: In a game in which the wind was such a huge factor, the American International College defense made shutting down Pace University seem like a breeze.

Holding the Setters to 52 yards rushing and 94 through the air, the Yellow Jackets made Marlon Beckles' 25-yard, first-quarter touchdown run hold up before 1,578 on Homecoming Day at John Homer Miller Field.

AIC (5-2, 5-2 Northeast-10) pulled within one game of league-leading C.W. Post (6-2, 6-1). The Yellow Jackets are at C.W. Post Saturday, and a victory would give them a shot at the conference title.

Roundup

Bryant (6-2, NE-10) and Merrimack (5-2), also in the race, both won yesterday.

The Yellow Jackets had the stiff wind their way in the first and third quarters, while the Setters (3-5, 2-5) held the advantage in the second and fourth.

Pace, averaging only 10.1 points per game coming in, has been better at passing than rushing. Freshman quarterback Daniel Moyer only connected on 13 of 31 attempts, though, while trying to locate open receivers and manageable wind currents against the in-your-face Jackets' defense.

"It's been a no-name defense all season that has worked so hard," AIC coach Art Wilkins said. "Our front seven, the line and the linebackers, have been dominating all year. They certainly were that way today."

It was senior Jason Dominique who ended Pace's last drive in the fourth quarter, sacking Moyer on 4th and 10 at midfield.

The ball squirted away from Moyer, and AIC safety Brian Kelly fell on it at the Pace 42 with 3:23 to play.

Beckles, who finished with 194 yards rushing on 36 carries, made sure of the victory with

runs of 5 and 7 yards for a time-consuming first down.

"The credit goes to our coaches," Dominique said of the defense. "They kept repeating all week that we needed to keep filling our gaps."

With the wind at their backs in the first quarter, the Jackets scored their only touchdown without a completed pass.

In the last possession of the period, AIC got good field position after a Pace punt into the wind traveled only 20 yards, giving the Jackets the ball on the Pace 46.

Beckles took care of 37 of those yards, finishing it off with a 25-yard scamper around the left end.

AIC punter Jonathan Thorpe of East Longmeadow helped the Jackets control the clock in the third quarter with a spectacular leaping grab of a high snap on 4th and 1. Instead of kicking, Thorpe rushed for a first down.

"I had the play designed even before the snap," Thorpe said. "I kept it to myself, because I didn't want to make anybody nervous. The snap was high, and I still had to time to kick it, but I knew I had the room."

Wilkins said that the best part

of the play was Thorpe's catch, maintaining control with the palm of his hand against the point of the ball.

-Dick Baker
WNEC 3, Endicott 0: Sophomore James Farrell of East Longmeadow's 24-yard field goal with 4:41 left decided the lowest-scoring victory in the 26-year history of Western New England College football.

The Golden Bears (4-3, 2-3 New England Football Conference Boyd Division) surpassed last year's three-victory total by edging Endicott (4-4, 3-2), which had won the schools' first three meetings.

WNEC lost 3-0 games in 1984 and '85. Their lowest score in victory had been 6-0 over Nichols in 1995.

Junior Kevin Miculey caught six passes for 88 yards. With 129 career receptions, he broke Keith Fagan's 18-year-old WNEC record of 124.

WNEC safety Jim Kantany of East Longmeadow and line-backer Matt Guaragna recorded 10 tackles each. Cornerback Brent Dube had nine tackles, three pass breakups, a blocked punt and a late, victory-clinching interception.

Mike Bishop of Belchertown ran for 65 yards for WNEC.

Bridgewater State 28, Westfield State 13: Sophomore quarterback Dan Cohen of Wilbraham threw two touchdown passes, one to wide receiver David Bennett of Ludlow, for visiting Westfield State (1-6, 1-4 NEFC Bogan Division).

Cohen went 14 of 36 for 226 yards against Bridgewater State (5-2, 4-1).

Amherst 23, Wesleyan 0: Amherst quarterback Nick Kehoe went 23 of 31 for 226 yards, and Mark Hannon caught 11 passes for 98 yards and two touchdowns against Wesleyan (2-3) at Middletown, Conn.

Amherst (4-1), which leads the nation's Division III defenses by allowing only 4.6 points per game, held its Little Three rival to 23 rushing yards.

Williams 38, Tufts 14: Visiting Williams (5-0) beat Tufts (3-2) for the 14th straight time.

Steve Menty of Wilbraham caught five passes, and Ryan Hanofee, also of Wilbraham, made one catch for Tufts.

Staff writer Ron Chimelis contributed to this report.



Sept. 2005

Tessa Donoghue - a 2005 Westfield State graduate - was selected the NCAA Division 3 women's track and field athlete of the year. The Springfield, Mass., native is now as assistant coach at Manchester College, a Division III college in North Manchester, Indiana. *Photo By Mickey Curtis*



Westfield goalie Jen Cyr reaches for the ball during the Owls' women's soccer game at Mount Holyoke College.
Photo By Mickey Curtis

Sept 2005

Soccer Teams Blank Elms

Women's Soccer 1 - Elms 0

WESTFIELD - Freshman forward Jenn Leveille (Southampton/Hampshire Regional High School) scored with 4:11 remaining in the game to give Westfield State a 1-0 women's soccer victory over Elms College on Tuesday, Sept. 13.

Leveille's game-winning goal glanced off the outstretched gloves of Elms goalie Lauren Stauch just inside the left post. Assisting on the goal was freshman Jenelle Gerety (Easton/Oliver Ames).

Westfield State outshot Elms College, 14-13. Westfield State goalie Jen Cyr of Worthington (Gateway Regional) registered nine saves. Playing well for Elms College in the midfield was senior captain Sarah Castro of Russell (Gateway Regional).

Both Westfield and Elms are now 1-2.

Westfield's next game is Wednesday, Sept. 21, when it hosts Rhode Island College at 7:00 p.m.

WNEC 3 - Field Hockey 0

SPRINGFIELD - Junior Stephanie Gildart (Portland, ME) scored in the first half, and junior Alison Jameson (Brattleboro, VT) and sophomore Cori Eggert (Denville, NJ) each added second half goals to lead the Western New England College field hockey team to a 3-0 non-conference victory over visiting Westfield State.

Jameson also added an assist for the Golden Bears who improved their record to 4-1. Freshmen Samantha Henson (Branchville, NJ) and Sarah McQuarrie (Windham, ME) each

contributed assists.

Senior Jillian Brown (Plymouth, MA) made five saves to help WNEC notch its first shutout of the season.

"It was hot out there today for everyone, but we played really well," said Western New England College coach Sarah Kelly.

Senior Cat Hanks (Somers, CT) came through with a solid effort for the Owls, finishing with 16 saves. Westfield State falls to 0-3.

Men's Soccer 1 - Elms 0

LUDLOW - The men's soccer team recorded its first victory of the season by defeating Elms College, 1-0, at Lusitano Stadium in Ludlow.

Junior forward Phil Anas scored the game-winning goal on a nice shot just inside the post.

Matt Costa was the goalie.

Owls Outlast WNEC

In Football Thriller, 14-13

WESTFIELD – Senior quarterback Mike Lorenzo (Quincy) rushed for 57 yards on 14 carries and completed 14 of 25 passes for 138 yards, including the game-winning 7-yard touchdown to senior receiver Tim Tontonoz (Chicopee) with 1:49 remaining, to lead Westfield State to a thrilling 14-13 victory over Western New England College in the New England Football Conference opener.

The Owls regained the coveted President's Trophy over their local rivals from Springfield in front of an overflow crowd of more than 2,500.

Two big turnovers late in the game both stunned and ignited the large crowd. Western New England junior strong safety Alex Barwikowski (Berlin, CT) snapped a 7-7 tie with 6:49 remaining in the game when he scooped a fumble and outran Lorenzo down the right sideline for a 94-yard touchdown on the fumble return. The all-important extra point attempt failed, how-

ever.

The Owls got their only turnover of the game when senior linebacker Jim Fennelly (Wilmington) recovered a fumble by WNEC quarterback Pat Murphy (Kensington, NH) at the WNEC 27 with 4:29 remaining. Causing the fumble with a jarring hit was senior linebacker Ryan Togneri (Turners Falls).

Five plays later, Lorenzo threw the game-winning score to Tontonoz, who dove into the end zone for the extra effort TD. Senior Rory McKeon (Northbridge) split the uprights on the extra point attempt.

WNEC failed to make a first down on its final possession as Togneri tackled Murphy on an end around on 4 and 1.

Westfield opened the scoring with 3:24 left in the first half when senior running back Mark Puchalski (South Deerfield) capped a nine-play, 73-yard drive

with a two-yard TD plunge. The 6-2, 225-pound Puchalski rushed for 62 yards on 23 carries and had four receptions for 31 yards. Senior receiver B.J. Holleran had 5 catches.

WNEC's first score also was set up by a Westfield turnover. Junior Dan Ballatine (Staten Island, NY) returned an interception 24 yards to the Westfield 8. Three plays later, Justin White (Essex Junction, VT) scored on a 1-yard run with 9:27 remaining in the third quarter.

The Owls had 19 first downs to WNEC's seven, but Westfield committed four turnovers. Westfield held WNEC to 65 net yards rushing on 33 attempts and the Golden Bears only completed 9 of 29 passes for 97 yards.

Senior linebacker Rick Colburn (East Bridgewater) played a fine game for the Owls with nine tackles, including three for losses and a sack, a pass breakup, and an assisted tackle on the forced fumble that led to the game-winning score.

Fall sports reports

Sept 2005

Field Hockey
Westfield 5 - Plymouth State 1
 WESTFIELD - Sophomore forward Megan Wolski (Plymouth, Mass.) had three goals and an assist - all in the first half - to lead Westfield State to a 5-1 victory over Plymouth State..

It was the first win of the season for the 1-4 Owls. Plymouth State is now 3-2 overall and 1-1 in the Little East.

The Owls stunned the Panthers with four first-half goals. Wolski scored four minutes into the game on a penalty stroke, and assisted on a goal by junior forward Shanna Litterst with 27:29 remaining.

Wolski continued her scoring assault with a goal at the 15-minute mark and with 1:53 left in the half off a penalty corner.

Women's Volleyball
Westfield State 3 - Salem State 0
 WESTFIELD - Westfield State swept Salem State, 3-0 (30-24, 30-16, 30-24) in its Mass. State Con-



Megan Wolski was named the Little East Conference and the Mass. State Conference Player of the Week. The sophomore forward from Plymouth, Mass., tallied three goals and an assist, all in the first half of a 5-1 victory over Plymouth State University.

ference opener. The Owls improved to 4-2 overall.

Elissa Genereux - a junior transfer from Johnson & Wales - continued her fine play with three aces and 18 assists. Senior Danielle Mainini had 10 digs and 3 aces. Lindsay Dalene and Kate Spriegel both drilled seven kills.

Cross Country
NORTHDARTMOUTH - The Westfield State men's and women's cross country teams placed 17th and 20th, respectively, in the UMass Dartmouth Invitational.

Led by Ryan Gough's winning time of 24:57 on the five-mile course, Keene State placed first in the 33-team field with 43 points.

Westfield's top finishers were twin brothers and Westfield natives Andy Messer and John Messer, who placed 35th (26:23) and 99th (27:36), respectively.

In the women's race Jessica Misty's winning time of 18:26 paced Colby to the team title in the 35-

team field. Westfield State senior Heather Wenninger (Chicopee Comp) placed 63rd in 20:12.

Field Hockey
Trinity 4 - Westfield State 2
 WESTFIELD - Freshmen Christine Mwatururs (Zimbabwe) scored two goals and Megan McCurdy (Weston, Mass.) tallied a goal and two assists to lead Trinity College to a 4-2 field hockey victory over Westfield State.

All of Mwatururs' and McCurdy's points were recorded in the high-scoring second half, in which four goals were scored in the final 3:22.

The Owls struck for two quick goals by Megan Wolski (1:36 remaining) and Kate Anderson (0:26).

Wolski assisted on the second goal and now has four goals and two assists in the last two games.

King selected MASCAC scholar-athlete of the year

By Mickey Curtis

Sept. 2005

Westfield State College's Peter King of Athol, Mass., (Athol High School) was selected the 2005 Massachusetts State College Athletics Conference's Howard C. Smith Male Scholar-Athlete of the year. The announcement was officially made last May.

The award is presented annually to a male and female senior student-athlete who have excelled both academically and athletically while a student of a Massachusetts state college. The award is named in honor of Howard C. Smith, a former state college trustee who was largely responsible for the formation of the Massachusetts State College Athletics Conference (MASCAC) and the acceptance of intercollegiate athletics as an integral part of the state college system.

To be considered for the award, a student-athlete must have achieved a least a 3.2 cumulative grade point average and be in his or her last year of athletic eligibility.

King, who majored in criminal justice at Westfield State, was an eight-time All New England and a four-time ECAC All-Conference performer while competing in the shot put and discus. He won five New England Alliance championships and was a four-time MASCAC discus champion. He also won MASCAC shot put titles in 2004 and 2005 and was the team's most valuable field performer in 2002, 2004, and 2005.

King broke three long-standing school records in the discus (150 feet even), the outdoor shot put (52-6) and the indoor shot put (52-1 1/4). He was named the Westfield State College Senior Male Scholar-Athlete of the Year.

"Peter has played a major role in the success of the Westfield State College men's track and field program for the past four seasons," said Westfield State head coach Sean O'Brien. "Because of his leadership and skills in the throwing events, Westfield State was able to win four New England Alliance and four MASCAC championships during his collegiate career. He is one of the top weight-men in the history of the Westfield State track and field program, evidenced by the fact that he broke long-standing school records in the shot put and discus. Peter also was disciplined and a hard worker in the classroom. Westfield State and the track and field program are extremely proud that he received this honor."

King is the 12th Westfield State College student-athlete to receive the Howard C. Smith award since its inception in 1980. Westfield's 12 scholar-athlete honorees are the most in the eight-team conference, followed by Fitchburg State with nine and Mass. Maritime Academy with seven.

Peter King - a 2005 Westfield State graduate - was named the Mass. State Conference Scholar-Athlete of the Year. King is the 12th Westfield State student-athlete to receive the prestigious honor.





Ryan Togneri (8) greets teammate Casey Lawrence, who arrived at halftime, just in time to see the Owls rally for a 16-14 victory over Nichols College on Sept. 17. Lawrence had just returned from a two-week stint in Louisiana, where he was assisting Hurricane Katrina victims as a member of the Army National Guard. A fifth-year senior, Lawrence missed the entire 2003 season when he was stationed in Guantanamo Bay. Togneri is in the Marine Corps Reserve and is scheduled for active status in Iraq sometime between November and Jan. 1. *Photo By Mickey Curtis*



B.J. Holleran, right, breaks up a potential interception. It was one of the few passes that Holleran did not catch as he posted career highs of 10 receptions for 168 yards and two touchdowns.. *Photo By Mickey Curtis*

Owls rally to nip Nichols

Sept. 2005

DUDLEY, Mass. – Senior wide receiver B.J. Holleran (Quincy) caught a career-high 10 passes for 168 yards and two touchdowns to lead Westfield State to a come-from-behind 16-14 New England Football Conference victory over Nichols College on Sept. 17.

The Owls improved to 2-0 with their second straight close victory as they spoiled Nichols' homecoming and dedication of its new field by rallying from a 14-0 third-period deficit.

Holleran juggled and tipped the ball for at least five yards on his first touchdown reception – a 23-yarder from quarterback Mike Lorenzano (Quincy) with 5:01 remaining in the third quarter. The 5-play TD drive covered 65 yards.

The Owls got the ball back two plays later when linebacker Rick Colburn (East Bridgewater) forced a fumble by option quarterback Tim Cairney that was recovered by linebacker Ryan Togneri (Turners Falls) at the Bison 32. Five plays later, the Owls struck paydirt when Holleran and Lorenzano hooked up for a 10-yard score.

Senior kicker Rory McKeon's (Northbridge) extra point attempt was wide left, however, and Westfield trailed 14-13 with 2:13 left in the third quarter.

But the 5-7, 150-pound McKeon – a former Westfield soccer player – made up for the missed PAT with two big plays. He made a touchdown-saving tackle on the ensuing kickoff, and with 6:22 remaining in the game he booted a game-winning 36-yard field goal just inside the right upright.

Both of Nichols' scores were set up by Westfield turnovers, including a 36-yard interception return by Bryan Meuse to the Owl 2 midway through the third quarter.

But Westfield forced four Nichols turnovers in the second half, including interceptions by senior backs Craig Skribiski (Whately) and Jay Abair (Ludlow).

Nichols led 7-0 at halftime as it recovered a Westfield fumble on a punt at the Owl 37, then scored on a 25-yard pass from Cairney to Darren Zow.

Cairney completed 12 of 24 passes for 86 yards and rushed for 28 yards, but he left the game midway thru the fourth quarter with an injury.

Lorenzano completed 14 of 27 passes for 232 yards and his two scoring strikes to Holleran.

Both teams struggled to run the ball; the Owls gained 78 net yards on 44 attempts and Nichols rushed for 82 yards on 29 carries. Westfield senior fullback Mark Puchalski (South Deerfield) led all rushers with 51 yards on 17 carries.

WSC beats WNEC in 14-13 thriller

WESTFIELD — Senior quarterback Mike Lorenzo (Quincy) rushed for 57 yards on 14 carries and completed 14 of 25 passes for 138 yards, including the game-winning 7-yard touchdown to senior receiver Tim Tontono (Chicopee) with 1:49 remaining, to lead Westfield State to a thrilling 14-13 victory over Western New England College in the New England Football Conference opener.

The Owls regained the coveted President's Trophy over their local rivals from Springfield in front of an

overflow crowd of more than 2,500. Two big turnovers late in the game both stunned and ignited the large crowd. Western New England junior strong safety Alex Barwikowski (Berlin, CT) snapped a 7-7 tie with 6:49 remaining in the game when he scooped a fumble and outran Lorenzo down the right sideline for a 94-yard touchdown on the fumble return. The all-important extra point attempt failed, however.

The Owl got their only turnover of the game when senior linebacker Jim Fennelly (Wilmington) recov-

ered a fumble by WNEC quarterback Pat Murphy (Kensington, NH) at the WNEC 27 with 4:29 remaining.

Five plays later, Lorenzo threw the game-winning score to Tontono, who dove into the end zone for the extra effort TD. Senior Rory McKeon (Northbridge) split the uprights on the extra point attempt.

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Westfield opened the scoring with 3:24 left in the first half when senior running back Mark Puchalski (South Deerfield) capped a nine-play, 73-yard drive with a two-yard TD plunge. The 6-2, 225-pound Puchalski rushed for 62 yards on 23 carries and had four receptions for 31 yards.

WNEC's first score also was set up by a Westfield turnover. Junior Dan Ballatine (Staten Island, NY) returned an interception 24 yards to the Westfield 8. Three plays later, Justin White (Essex Junction, VT)

scored on a 1-yard run with 9:27 remaining in the third quarter.

The Owls had 19 first downs to WNEC's seven, but Westfield committed four turnovers. Westfield held WNEC to 65 net yards rushing on 33 attempts and the Golden Bears only completed 9 of 29 passes for 97 yards.

Senior linebacker Rick Colburn (East Bridgewater) played a fine game for the Owls with nine tackles, including three for losses and a sack, a pass breakup, and a forced fumble that led to the game-winning score.

Keene State escapes Westfield with victory

WESTFIELD — Junior Katie Stevens (Londonberry, NH) scored midway through the first half as the Keene State Owls survived an upset bid by the Westfield State Owls for a 1-0 women's soccer victory Thursday.

Keene, ranked in the top 10 in New England Division III, improved to 4-0-1. The New Hampshire Owls entered the game with 18 goals in its first three victories, including 7-1 and 6-0 routs of Framingham State and WNEC, respectively.

Assisting on the game-winning goal was Keene native Breanne Lucey.

Keene outshot Westfield (1-3), 20-11. Westfield junior goalie Jen Cyr (Worthington/Gateway Regional) registered 16 saves.

WOMEN'S VOLLEYBALL

Westfield State 3, Lasell 0

NEWTON - Westfield State outlasted Lasell College, 3-0 (30-28, 30-24, 31-29) in women's volleyball

WESTFIELD EVENING NEWS

WESTFIELD, MA
FRIDAY 5,900
SEP 16 2005



New England Newsclip
AGENCY, INC.

WSC

Continued from Page 9
Sept. 15.

The Owls improved to 3-2 heading into their conference opener Saturday, Sept. 17, when they host Salem State at noon. Lasell dropped to 2-8.

Senior standout Lindsay Dalene recorded 10 kills, 6 blocks and 2 aces for the Owls. Junior transfer Elissa Genereux had 27 assists and four blocks. Also playing well were Krista Grifoni (15 digs) and Morgan Hosking (10 kills).

See WSC, Page 11

REPUBLICAN

SPRINGFIELD, MA
FRIDAY 91,713
SEP 23 2005



New England Newsclip
AGENCY INC

Big game awaits Westfield State

By **DICK BAKER**
rbaker@repub.com

It's only been the last few years that Fitchburg State has become an excellent football team, so Westfield State coach Steve Marino considers this "a big game" more than it is a rivalry.

Both teams are 2-0 entering tomorrow's New England Football Conference Bogan Division battle at Alumni Field in Westfield (1 p.m.).

"We've got our hands full," Marino said. "They've got a lot of guys back, and we only played good enough to get by the first two games. If we have the turnovers and penalties we had the first two games, it will be lights out."

and hold a 20-1 all-time record over the Continentals.

Junior Nick Kehoe has won the starting job at quarterback for Amherst while senior Nigel Otieno and junior Will Benson look to make most of the rushes.

Amherst won last year's meeting 44-7 as senior tailback Fletcher Ladd compiled 129 yards and a touchdown on 13 carries.

Amherst finished 6-2 last season while Hamilton was 1-7.

STOP IT HERE: Springfield College is off to an uncharacteristic 0-2 start with one-sided losses at Union (35-7) and Wisconsin-Stout (24-7). And if the Pride loses tomorrow at Alfred University, it will be the first time it has lost three in a row at the start of the season since 1993.

TOMORROW'S GAMES

Amherst at Hamilton, 1
Endicott at WNEC, 1
Fitchburg St. at Westfield St., 1
Springfield at Alfred, 1
Williams at Colby, 1
Rhode Island at UMass, 6

One piece of good news for Springfield is that senior full-back Andre Clayton, who missed last week's game with a calf injury, is expected to play tomorrow. But his replacement, Mark Hatch (108 yards rushing), suffered an ankle injury and is doubtful for tomorrow.

On defense, Pride junior line-backer Andrew Madigan had his second consecutive 13-tackle game, two of which were losses. Senior cornerback Mitch Dupuis had two interceptions, seven tackles and two deflections.

SIBLING RIVALRY: Freshman James Farrell of East Longmeadow, a running back and place kicker for Western New England College, will be on the other side of the ball from his brother when the Golden Bears

WESTFIELD EVENING NEWS

WESTFIELD, MA
FRIDAY 5,900
SEP 23 2005



New England Newsclip
AGENCY INC

WSC sweeps

WESTFIELD — The Westfield State women's volleyball team swept Anna Maria College, 3-0 (30-13, 30-13, 30-15) on Thursday.

The Owls improved to 5-2 with their fourth straight victory.

Senior standout Lindsay Dalene led the way with 13 kills, 4 blocks and 2 aces. Other top performers were: Elissa Genereux (25 assists, 2 aces), Krista Grifoni (8 digs), Kate Spriegel (10 kills, 4 blocks) and Ashley Bergeron (13 assists).

MEN'S SOCCER

Keene State 6, Westfield State 0

KEENE, N.H. — The nationally ninth-ranked Keene State College men's soccer team improved its record to 7-0 with a 6-0 victory over Westfield State.

Eric Scott (West Springfield, Mass.) had three goals to lead Keene to the non-conference win. It was Keene's third straight shutout.

Scott scored two of his goals in the first half when the host squad took a 3-0 lead.

WOMEN'S SOCCER

Rhode Island 2, Westfield State 0

WESTFIELD — Sophomore forward Gina Calenda (Warren, RI/Mt. Hope) and junior forward Erika Haaland (North Dartmouth, MA) scored goals to lead Rhode Island College to a 2-0 women's soccer win over Westfield State Sept. 21. RIC improved to 4-2 while Westfield fell to 1-4.

Calenda scored the game-winning goal with 7:15 remaining in the first half on an assist from senior Kate Benevides (North Dighton, MA). Haaland tallied an insurance goal in the 67th minute.

SATURDAY NEWS

WESTFIELD, MA
SATURDAY 5,900
SEP 24 2005



New England Newsclip
AGENCY INC

Its's a family affair at Westfield State *WSC-Fitchburg State collide*

WESTFIELD — Westfield State College hosts Fitchburg State College in a key early-season New England Football Conference game today. The Family Weekend game kicks off at 1 p.m.

Both teams are 2-0 as Fitchburg State is ranked second in the initial New England Division III poll, while the Owls are ranked ninth. This is the NEFC Bogan Division opener for both teams.

Fitchburg State — conference doormats for many years — earned its highest ranking ever in the New England poll. The Falcons have beaten NEFC defending champion Curry, 28-13; and WNEC, 35-20. Westfield State, despite seven turnovers in its first two games, has edged WNEC, 14-13, and Nichols, 16-14.

The game also pits the winners of the past four Bogan Division crowns. Westfield won three straight titles (2001-2003) and Fitchburg captured the crown in 2004. The Falcons also snapped Westfield State's 18-game divisional win streak with a 22-15 victory last year in Fitchburg.

Fitchburg has a relentless rushing game and physical defense. Senior tailback Brian Milleisen, a transfer from Division II Millersville, Pa., University, is averaging 95 rushing yards per game, while freshman reserve William Earley is averaging 105 yards per game.

The Owls are again ranked first in the conference in total defense (162 yards per game) and pass defense. Senior free safety Craig Skribiski (Whately/Frontier Regional) was named to NEFC weekly honor roll as he forced a fumble and intercepted a pass in the come-from-behind victory at Nichols.

Offensively, the Owls got a big game last Saturday from senior receiver B.J. Holleran (Quincy), who posted career highs with 10 catches, 168 yards and two touchdowns.

Westfield State stopped in 3 OTs

By DICK BAKER

rbaker@repub.com

WESTFIELD - In a court room, the defense rests when the case has been made with nothing more to articulate.

On the football field yesterday, the Westfield State College defense rested as it also had done all it could do.

Actually, it rested because it was exhausted.

For all of regulation and through two rounds of overtime, the Owls' defense held Fitchburg State scoreless.

But the Falcons had done the same to Westfield's offense.

Finally, in the third round of overtime, the verdict came in. Fitchburg workhorse Brian Milleisen drove over the goal line from the 1-yard line to give Fitchburg a 6-0 victory, and hand the Owls a heartbreaking loss before 2,206 on Family Day at Alumni Field.

The game tied for the third longest in New England Football Conference history, and the other two also involved Westfield. The Owls defeated UMass-Dartmouth 3-0 in triple overtime Oct. 27, 1989, and fell 21-14 at UMass-Dartmouth in three ex-

tra sessions Nov. 7, 1992.

Yesterday, the teams combined for five missed field goals and 100 rushes from scrimmage.

After the game, Westfield coach Steve Marino made a plea for unity on his team as in an emotional loss like this, it would be easy for the defense to point fingers at the offense.

"I've heard it said, if you don't hang together, you hang separately," Marino said.

Before the game even started, the Fitchburg team had to hang separately as one of its two buses had a flat tire approaching Exit 6 on the Massachusetts Turnpike. The police ordered the vehicle to the side of the road, and the short ride on the rim provided more sparks and smoke than the New England Football Conference Bogan Division rivals would produce on offense.

In the early going, Fitchburg (3-0, 1-0 Bogan) kept pressing closer after exchange of punts, but second quarter relief from miserable field position came briefly for Westfield (2-1, 0-1) on a 71-yard, school-record punt by Mark Puchalski of South Deerfield. Robert Taggart had a 69-yard boot for WSC in 1995.

The Owls partially blocked the next Fitchburg punt, but back-to-back sacks combined for 27 lost yards, and WSC was happy to get to halftime still deadlocked.

Looking back, Marino probably would have kept the ball on the ground and settled for a field goal on the Owls' big chance of the day early in the fourth quarter. It was second and goal from the 11 when Westfield quarterback Mike Lorenzano was picked off by defender John Hirko in the middle of the end zone. The ball was intended for Tim Tonzon of Chicopee, who had caught the winning TD in the opener against Western New England College.

But Fitchburg had its chances in regulation too. In the first quarter, Fitchburg's William Early broke loose for what appeared to be a sure touchdown. Somehow from behind Westfield free safety Craig Skribiski made a shoe-string tackle to stop him at the 6. The Falcons blew the scoring chance on a missed field goal attempt.

"I tell our guys that as long as you can keep them from crossing the goal line, then we get a chance to line up again, and anything can happen," West-

field defensive coordinator Pete Kowalski said.

The overtime rules call for each team to get a shot to score starting at the other's 25. If the first team scores, the other gets the opportunity to match.

Westfield's Rory McKeon missed wide right on a 40-yard field goal attempt to start things off. The game appeared over when Fitchburg, on its turn, advanced the ball to the Westfield 3. Instead of kicking the field goal, the Falcons tried a third-down run first. Milleisen fumbled, and strong safety Ryan Riley picked the ball up at the 4 for the only Fitchburg turnover.

"I thought we had the game won," Skribiski said of what appeared to be the turning point.

In the next round, Fitchburg went first, and Trevor Smith missed a 45-yard field goal attempt. But on Westfield's turn, Lorenzano was intercepted again in the end zone, this time by Dee Whitehead, who threatened to run it back all the way before being caught at the Fitchburg 44.

McKeon missed just wide right on a 31-yard field goal attempt on Westfield's third turn before Milleisen ended it for Fitchburg.



Falcons finally hoot away Owls

By John McGuirk
CORRESPONDENT

WESTFIELD — Fitchburg State played the longest football game in school history yesterday, needing three overtimes to beat New England Football Conference Bogan Division rival Westfield State, 6-0, at Alumni Field.

Fitchburg St. 6 The Falcons
Westfield St. 0 and Owls combined to miss

Next game: Bridge- five field goals.
water State at Fitch- After North-
burg State, 1:30 boro's Rory
p.m. Saturday, McKeon mis-
Lunenburg High sed his second
try of 31 yards

on Westfield State's first possession of the third OT, Corey Hetherman's 20-yard pass to Bob Hirko set up Brian Milleisen's 1-yard dive to give Fitchburg State (3-0) the win in its league opener.

"I'm so impressed with (Westfield's) defensive line and their linebackers," said an exhausted Milleisen, who led the Falcons with 109 yards on career-high 35 carries. "We rushed for close to 150 yards on them last year, and they just stoned us this year."

Fitchburg State's other running back, William Earley, suffered a knee injury late in the first quarter and did not return. His status will be evaluated next week, according to Fitchburg State assistant athletic director Rusty Eggen.

Fitchburg State finished with 247 yards to 199 for Westfield State. Owls quarterback Mike Lorenzano was 5 of 15 for 90 yards. He was sacked seven times and had two interceptions.

One of those picks came early in the fourth quarter after Westfield State (2-1, 0-1) drove to the Falcon 11. Rushed out of the pocket, Lorenzano's throw into the end zone was snatched by Hirko. Dee Whitehead intercepted Lorenzano at the goal line in the second overtime.

"That's how we catch picks," Whitehead said. "We put pressure on the opposing quarterback, make them run and make them throw it up. That's why we're known as 'Blitzburg.'"

Falcons kicker Treavor Smith missed three field goal attempts, including a 45-yarder in the second OT.

In the first overtime, Milleisen lost the ball at the Owls' 4, the ball recovered by former St. Peter-Marian standout Ryan Riley.

Westfield State limited Hetherman, who was averaging 155 yards per game, to just 117 yards on a 13-for-31 day.

"Last week (versus Western New England) the defense struggled and the offense played well, and this week the offense struggled and the defense played well," Falcons coach Pat Haverty said. "I guess that is what a team is supposed to do — pick each other up when we're falling down."

RECORDER

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Kunhardt leads the way for Westfield State cross country

Recorder Staff

Greenfield's Jon Kunhardt helped his Westfield State College men's cross country team finish third of 21 teams at Saturday's Gordon College Invitational meet in Wenham.

Kunhardt was the second Owls harrier across the line, and was 14th of 197 runners, finishing the five-mile course in 27:59.

WCC Hall Of Fame To Induct Six

Sports **The Voice** October 3, 2005

WSC Hall Of Fame To Induct Six

Six former Westfield State College standouts with strong ties to Western Massachusetts will be inducted into the Westfield State College Athletics Hall this year. The 10th annual inductions will be held on Friday evening, Oct. 14, on the Westfield State campus.

The Class of 2005 includes Westfield natives Bill Devine (Class of '74, track and field) and Donna McLean ('87, softball/basketball), former Westfield State softball coach and Holyoke native Joyce O'Donnell, Huntingdon's Heather Cabral ('92, field hockey/softball), Springfield's Ben Adams ('75, basketball), and Amherst resident Garry Beard ('78, baseball).

Contact the Westfield State athletics department (572-5405) for ticket information.

BEN ADAMS

Ben Adams was a stellar point guard for the Westfield State men's basketball team from 1972-75. He was an all-conference selection and team captain in each of his three varsity seasons at Westfield State. The Owls compiled a 48-20 during his collegiate career and his teammates included Westfield State Hall of Fame inductees Tom Parks and Tim Parker.

A highly regarded defensive player, Adams also excelled offensively. He scored 869 points despite missing 10 games early in his senior season because of a knee injury. The 5-11 guard made many of his baskets from long range in an era before the 3-point shot. He averaged 13 points, 8.3 assists and 6.8 rebounds as a three-year starter.

Adams first enrolled at Westfield State in 1969, joining fellow Springfield natives Bud Williams and Sam Bass as the first students in the college's urban education program. He also had the distinct honor of being the first African American captain of the men's basketball team. In August of 1970, Adams was drafted into the armed forces and served a tour of duty in Vietnam. In addition to playing basketball upon his return to Westfield State in 1972, Adams served as the head resident advisor of the men's dorm for two years.

After receiving his criminal justice degree in 1975, Adams moved to Phoenix and worked as a correctional service officer. He returned to Westfield State in 1977 and served as an assistant basketball coach for two years.

Adams relocated to Boston for approximately 10 years, then returned to his hometown of Springfield in 1988 and was employed as a deputy sheriff for five years. He is currently employed by the Health and Human Services Department, working as HIV/AIDS prevention coordinator. Over the years, Adams has worked very closely with the health services department at Westfield State.

Adams has been highly visible and active in the Springfield community. He has served as a board member on several HIV/AIDS prevention organizations and has received numerous certificates of appreciation for his volunteer work in the African-American community. He also has been involved with the Greater Springfield Pro-Am Basketball League for the past six years.

Adams' extended family includes a son, Dan Toe (15); two godchildren, Tiffany Williams (33) and Ahmad Buchanan (26); one niece, Temesha Gunter (22); and four nephews, Kareem Andrews (25), Jamar Croxson (21), Marcus Trotman (16), and Tauren Griffin (14).

GARRY BEARD

Garry Beard ranks as one of the finest hitters and defensive players in the history of the Westfield State baseball program. Beard still holds the school record for career batting average for those who played at least three years at Westfield State. Beard batted .387 during a four-year stretch that began in 1975, and set a then single-season school record by hitting .434 during his senior year in 1978. He also set a school record with 10 doubles that season. He finished his fine four-year career with a

593 slugging percentage and 12 home runs.

The Winchester, Mass., native batted .393 during his junior year and led the Owls with a .617 slugging percentage. He was named to the All-Tournament team in 1977 when Westfield advanced to the championship game of the NCAA New England Regional Tournament. He received the Westfield State baseball Outstanding Contributor Award in 1978.

Beard's outstanding offensive accomplishments were equaled or even surpassed by his defensive prowess. The slick-fielding first baseman committed fewer than 10 errors in four years and has long been considered Westfield State's best defensive first baseman.

During and following his Westfield State playing days, Beard displayed his baseball talents in the Tri-County League for 17 years and represented several Holyoke-based teams in All-Star games.

Beard majored in physical education at Westfield State and received a master's degree in education from Springfield College in 1981. He works throughout Connecticut as a sales manager representative for Coram Health Care Home Infusion. He resides in Amherst, Mass., with his wife, Doreen, and daughters Rachel (10) and Meredith (8).

HEATHER CABRAL

Heather Cabral is one of Westfield State's finest two-sport athletes, excelling as a four-year starter in both field hockey and softball from 1988-92.

Cabral was the Massachusetts State Conference co-Player of the Year in field hockey in leading Westfield State to a share of the 1991 league title. She was a three-time all-conference first-team selection and a two-time participant in the prestigious U.S. Field Hockey Association Festival. Cabral led her team, which consisted mostly of Division I players, in scoring during the eight-game 1991 festival. She still holds the school career records for most goals (43) and points (99).

In softball, the Cape Cod native was a three-time all-conference and a two-time All New England second baseman. She was named to the NCAA Division III Northeast Region first team in 1991 when she batted .426. Cabral finished her collegiate career with a .331 batting average and holds New England records for sacrifice hits in a season (18) and career (49).

Cabral was named the conference player of the week an astounding 17 times during her four-year, two-sport collegiate career. She was selected the Westfield State Female Athlete of the Year in 1992.

Cabral also excelled academically as she received the prestigious Howard C. Smith Award as the Massachusetts State College Athletics Conference's Female Scholar-Athlete of the Year in 1992.

Cabral was a three-sport standout in field hockey, softball and basketball at Gateway Regional High School in nearby Huntingdon. She currently teaches third grade in the Gateway district at the Chester Elementary School.

Cabral is now in her seventh season as the Westfield State field hockey head coach. The Owls have won or shared conference championships in four of her first six seasons, and she was selected the conference coach of the year in 1999, 2000, and 2003.

BILL DEVINE

Bill Devine was a valuable member of the Westfield State track and field team during its formative years in the early 1970s. The Westfield native was a team captain whose work ethic was an inspiration to his teammates. And the leadership skills he exhibited at Westfield State have stayed with him as he has coached cross country, track and field, and basketball at Western Mass. high schools for the past 30 years.

Devine was not one of Westfield State's most gifted athletes, but he did earn all-conference honors in the 200 meter dash and as a member of the 4 x 100 and 4 x 400 relays teams. The Owls' 4 x 400 relay squad finished seventh in his senior year (1974) at the NCAA Division III national championships with a time of 3:19.6.

Prior to attending Westfield State, Devine served a tour of duty with the Marines in Vietnam. Fluent in Vietnamese, he interrogated prisoners of war. Westfield State Hall of Fame track and field coach Gerry Gravel calls Devine the most mentally tough athlete that he has ever coached and a great role model.

Devine graduated from Westfield High School in 1965, and participated in football, basketball and track and field. He received the William Crane Trophy for excellence in scholarship and athletics and the Rod Tyler Award for excellence in track.

Devine majored in art at Westfield State and received a master's degree in art from Assumption College in 1981. Devine is extremely proud that many of his Monson High School students continued their educations at prestigious art colleges. Furthermore, he has coached many runners who have participated in intercollegiate sports.

Devine has been a dedicated teacher and coach in the Monson School District for the past three decades. He has served as both the varsity cross country and boys' basketball head coach at Monson High School since 1976. In cross country, his teams have compiled a 262-128 record with five league titles and a Western Mass. runner-up finish in 2002. His basketball coaching record is 270-245 with a league title in 1980.

After a three-year stint (1993-95) as the track and field head coach at Palmer High School, Devine instituted the Monson High School track and field program in 1996, and has served as the head coach for the past decade. He received Monson High School's Distinguished Service Award in 1995.

Devine remains busy during the summer months by working at numerous basketball camps. He has been an executive board member of the Massachusetts Basketball Coaches Association for the past 25 years, and was the association's president in 2001. He received the association's Division III coach of the year award in 1994.

Devine and his wife, Elaine, reside in Monson. They have two children, Elizabeth (25) and Luke (21).

DONNA MCLEAN

Westfield native Donna McLean was an All-America and All New England softball player at Westfield State College from 1984-87. A double threat as a pitcher and power hitter, McLean still holds 22 school records.

The pitcher/outfielder made an immediate impact in her first softball season at Westfield State when she garnered second team All America accolades by hitting .419 with a school-record 35 RBI, seven home runs and five triples.

A four-time all-conference and All New England selection, McLean led the Owls to an NCAA Tournament berth in 1985 and the 1987 ECAC championship. She holds career hitting records for doubles (26), triples (12), home runs (12), and RBI (98). McLean's career batting average is .387, with a season-best .448 in 1987 when she pounded a school record 17 doubles. She also displayed outstanding speed by stealing 56 bases in 62 career attempts.

McLean holds nearly every Westfield State pitching record, including inning pitched (174), strikeouts (121), and victories (16) in a season (1985), and inning pitched (456), victories (39) and strikeouts (354) in a career.

McLean also played three years

of basketball at Westfield State and was the team's second leading scorer behind WSC Hall of Fame inductee Beth Hennessy.

McLean gained recognition as an outstanding athlete at Westfield High School, where she earned All-State honors in softball and basketball. But she began making a name for herself as a talented 10-year-old when she was the first girl to play in the Westfield Little League boys' program in 1975. She proved that she belonged when she was selected to the Little League All-Star team in 1977.

Despite ending her collegiate career 18 years ago, McLean still excels on the softball diamond as a star right fielder for the national champion Brakettes, a semi-pro fastpitch team from Stratford, Conn. She has played for the nationally acclaimed Connecticut club for the past 13 years with a career batting average of .296 in 617 games. The veteran player was a first-team All American during the Brakettes' 2004 championship run and a second-team All American in 2000.

During her first tour of duty with the Brakettes in 1987-89, McLean set a team record with 10 RBI in a game when she also hit for the cycle. She is among the career leaders in games played, hits, runs scored, doubles and triples.

A graphics art major at Westfield State, the Torrington, Conn., resident is employed as a supervisor for the advertising research department at Nielsen Media Research in Shelton, Conn. Also, she has served as an assistant softball coach at Stratford High School for the past two years, and was an assistant coach at the University of Bridgeport from 1996-99.

JOYCE O'DONNELL

Joyce O'Donnell—a coaching legend in Western Massachusetts and beyond—guided the Westfield State softball team to nearly 200 victories and five postseason tournament berths from 1980-92.

Her 13-year stint is the longest for a female coach at Westfield State. She guided the Owls to two conference championships, three NCAA Tournament berths, including a third place in the 1982 national championships, and three ECAC postseason tournaments. Westfield captured the 1987 ECAC championship and was runner-up in 1988. Her career record is 192-163.

O'Donnell also made a name for herself as a player, coach, and administrator on the semi-professional level. During the summer months from 1967-1987, the Holyoke native coached the talented Westfield Whips, who participated in two national tournaments.

O'Donnell also coached a team touring in Venezuela in 1985, and was the head coach at Westfield High School from 1974-79. The Bombers captured the Western Mass. championship in 1974 and were Valley League champs in 1978.

The highly respected mentor served from 1976-86 as president of the 12-team New England semi-pro league, and as commissioner of women's softball for Massachusetts. She served on the NCAA national team selection committee from 1985-87.

In 1992 O'Donnell was inducted into the New Agenda Northeast Hall of Fame, an organization that promotes the advancing role of women in sports. She was one of the first female umpires in Western Massachusetts, umpiring men's and women's softball as well as college and tournament games.

O'Donnell attended Holyoke Community College and graduated from Jacksonville State in Alabama. She received her master's degree from Westfield State.

O'Donnell was a physical education instructor for 32 years and a vice-principal for five years at Westfield High School before retiring in 2002. She is a long-time Southwick resident who now spends the winter months in Fort Lauderdale, Fla.



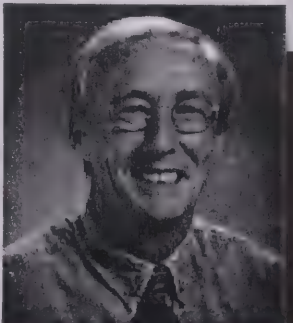
Ben Adams
Basketball ('75)



Garry Beard
Baseball ('78)



Heather Cabral
Field Hockey/Softball ('92)



Bill Devine
Track and Field ('74)



Donna McLean
Softball/Basketball ('87)



Joyce O'Donnell
Softball Coach (1980-1992)

Owls Sports Report

OCT. 2005

Cross Country

WENHAM – The Westfield State women's and men's cross country teams finished second and third, respectively, at the Gordon Invitational Sept. 24.

In the 20-team women's meet, Roger Williams College outscored Westfield State, 50-72. The Owls' Heather Wenninger placed second in 19:52, followed by freshmen Marianne Mealey (8th, 20:17) and Kristin Hassig (9th, 20:18). Roger Williams' Emily Bome posted a winning time of 19:49.

In the 21-team men's meet, the Owls (74 points) trailed Southern Maine (38) and Roger Williams (57).

Owl sophomore John Messer – a Westfield native – finished third overall with a time of 27:16. Salem's Fabian Mejia had a winning time of 26:59.

Other top finishers for Westfield were: Jon Kunhardt (13th, 27:59), Andy Messer (14th, 27:59) and Chris Cuff (20th, 28:22).

Men's Soccer

Westfield State 1 – Newbury College 0
BROOKLINE – Junior Dave Nalewanski (Easthampton) scored in the

70th minute to lift Westfield State to a 1-0 men's soccer victory over Newbury College.

Westfield senior goalie Matt Costa (Chicopee) finished with 10 saves.

The Nighthawks fall to 3-3 while Westfield improves to 2-3.

Both teams had 19 shots.

Field Hockey

Fitchburg State 4 – Westfield State 3

FITCHBURG – Fitchburg State rallied from a 3-1 deficit to defeat Westfield State, 4-3, in conference field hockey action Sept. 24.

The Owls dropped to 1-6 overall, while Fitchburg improved to 5-1.

Westfield took a 3-1 lead on a goal by freshman Kara Guittarr and two goals by junior forward Shanna Litterst.

Fitchburg's Kristen Frazier tied the score on a goal with eight minutes left in the first half and a goal four minutes into the second half. Fitchburg's Sarah Proctor – who scored the Falcons'

first goal – tallied the game-winner with 27 minutes remaining. Frazier assisted on the game-winning goal.

Westfield was outshot, 12-7. Freshman reserve goalie Kelly Terpstra played 11 minutes and was credited with the loss.



-David Harris-Fried

Westfield State senior co-captain Rachel Sweeney keeps the ball in play during a recent match. Westfield won its fifth straight game, improving to 6-2 overall and 2-0 in the conference, with a 3-0 sweep of MCLA last week.

Fitchburg State defeats WSC football in triple overtime

WESTFIELD – Senior tailback Brian Milleisen (Miller Place, NY) dove over the goal line from the 1-yard out to lift Fitchburg State to a 6-0 triple overtime victory over Westfield State in a hard-fought New England Football Conference game Sept. 24.

The exhausting victory gives the Falcons a 3-0 overall record and a 1-0 mark in the NEFC Bogan Division. Westfield is 2-1 and 0-1. This was the third triple overtime game in NEFC history and Westfield has played in all three. The Owls edged U-Mass Dartmouth, 3-0, in a 1989 home game, and lost at U-Mass Dartmouth, 21-14, in 1992.

The game pitted two of the NEFC's top defensive teams and winners of the past four Bogan Division titles. Westfield won division crowns from 2001-2003 while Fitchburg took the title last season. The Falcons' winning score was set up on a play action pass from senior quarterback Corey Hetherman (Webster) to sophomore tight end Bob Hirko (Uxbridge). On second down from the 25, Hirko hauled in the pass and rambled to the Westfield 5 for a first down.

Milleisen ran four yards on first down, then jumped over a host of Owls from the 1 to end the thrilling defensive struggle in front of a Family Weekend crowd 2,206. Milleisen rushed for a tough 109 yards on 35 carries; the 5-10, 220-pound transfer from Division II Millersville now has 2,010 career rushing yards in his three years at Fitchburg.

Both teams missed field goals in regulation and overtime. Westfield place kicker

Rory McKeon (Northboro) was wide right from 40 yards in the first overtime and just wide right from 31 yards in the third OT.

Fitchburg senior kicker Treavor Smith (Putnam, CT) was just short on a 45-yard attempt in the second overtime and also missed

Hirko (Uxbridge) made a standout defensive play as he stepped in front of Westfield receiver Tim Tontonoz (Chicopee) for an interception in the end zone.

Fitchburg's only turnover in the game ended the first overtime when a Milleisen fumble was recovered by Westfield defensive back Ryan Riley (Worcester, MA) at the 4-yard line.

Fitchburg finished the game with 247 yards in total offense, while Westfield had 199 total yards. The Falcons' relentless defense recorded seven sacks.

Westfield's top offensive player was senior fullback Mark Puchalski (South Deerfield), who rushed for 84 yards on 18 carries and had two receptions for 57 yards. Puchalski also punted the ball nine times for a 40-yard average, including a school record 71-yarder in the second quarter.

Senior linebacker Frank Famularo (North Easton, MA) led the Falcons with 14 tackles, including four for losses and a sack. Senior linebacker Christian Mello

(Middletown, RI) had eight tackles, including two sacks.

Senior linebacker Jim Fennelly (Wilmington) led the Owls with a career-high 17 tackles. Senior linebacker Ryan Togneri (Turners Falls) had 12 tackles and senior linebacker Rick Colburn (East Bridgewater) posted 10 stops. Senior end Justin Sargent (Nashua, NH), who sat out the first two games with an injury, had eight tackles, including two sacks.



Westfield State senior linebacker Rick Colburn brings down a Fitchburg State ball carrier during the Owls' hard-fought 6-0 triple overtime loss to Fitchburg State on Family Weekend. The Owls once again are the top-ranked defensive team in the New England Football Conference.

two field goals (23, 39 yards) in regulation.

Westfield had huge scoring opportunities that were foiled by Fitchburg interceptions. Westfield tried to end the game on the first play following Smith's 45-yard OT attempt, but Falcon defensive back Dee Whitehead (Brooklyn, NY) intercepted an underthrown pass near the goal line intended for Westfield tight end Pat Andrus.

On the second play of the fourth quarter, Westfield had a second and goal from the Fitchburg 11 when Falcon defender Jon

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October 10, 2005



Opponents are having a difficult time stopping Westfield State junior forward Shanna Litterst and her teammates from scoring. The Owls have scored 20 goals in the past four games, including 4-1 and 6-1 conference victories over Framingham State and Bridgewater State, respectively.

Photo By Mickey Curtis

Field Hockey team routs Bridgewater

Field Hockey **OCT. 2005**
Westfield State 6
Bridgewater State 1

WESTFIELD—Junior forward Shanna Litterst (Falmouth) and sophomore forward Megan Wolski (Plymouth) both tallied three goals and an assist to power Westfield State to a 6-1 victory over Bridgewater State Oct. 4.

The Owls, who have scored 20 goals in their last four games, improved to 4-6 overall and 2-1 in the Mass. State Conference.

Bridgewater actually took a 1-0 lead just over two minutes into the game on a goal by sophomore Ashley Panzini. But the Owls' scoring barrage began with two first-half goals by Wolski and a Litterst goal.

Women's Soccer
Westfield State 5
Albertus Magnus 1

NEW HAVEN – Junior Katie Kissel (Monson) scored two goals and junior Kate McMillan (Belchertown) had a goal and two assists to pace Westfield State to a 5-1 women's soccer victory over Albertus Magnus Oct. 4.

The Owls are 2-6 while Albertus drops to 3-7.

Freshman forward Jenn Leveille (Southampton/Hampshire Regional) scored Westfield's first goal. She also assisted on the second goal.

Volleyball
Westfield State 3
Mass Maritime 0

BUZZARDS BAY – The Westfield State women's volleyball team improved to 8-3 overall and 3-0 in the Mass. State Conference with a 3-0 victory (30-20, 30-19, 30-25) over Mass Maritime Oct. 4.

Senior standout Lindsey Dalene led the way with 13 kills, two aces and three blocks. Elissa Genereux – a junior transfer from Johnson & Wales – totaled 28 assists.

Sophomore Morgan Hosking had 10 kills and three aces and freshman Nikki Whitlow contributed seven kills, two aces and a block.



Westfield freshman Jenn Leveille, left, goes after a loose ball vs. Salem State. Photo By Mickey Curtis

OCT. 2005

Puchalski, defense pace football team

BUZZARDS BAY – Senior fullback Mark Puchalski (South Deerfield) rushed for 96 yards and two touchdowns on 36 carries, including the game-winning score with 9:06 left in the fourth quarter, to lead Westfield State to a 14-0 New England Football Conference victory over Mass Maritime Academy Oct. 9.

The Owls improved to 3-2 overall heading into next Saturday's big homecoming game vs. Bridgewater State. Mass Maritime remains winless at 0-5.

Westfield's game-winning drive began at the Mass Maritime 18 yard line when Owl defensive back Ryan Riley intercepted a pass at the 50 and returned it 32 yards.

A pass interference against the Bucs placed the ball at the 4, and two plays later Puchalski scored from three yards out. The pass attempt failed for the two-point conversion to give the Owls a 6-0 lead with 9:01 remaining.

Westfield increased the lead to 8-0 when defensive lineman Josh Saunders tackled Mass Maritime quarterback Mike Blomberg in the end zone for a safety with 2:56 remaining.

Following a short Mass Maritime kickoff, Westfield put together a 4-play, 37-yard scoring drive, with Puchalski scoring from four yards out with 1:31 remaining.

Both teams put up strong goal line stands during the rain-drenched game. Mass Maritime actually took the opening kickoff and had a first-and-goal at the Westfield 1 but failed to score.

The Owls had 125 net yards rushing while limiting Mass Maritime to 94. Westfield completed 9 of 19 passes for 119 yards while holding the Bucs to 74 passing yards (6 of 32 attempts).

Westfield forced four turnovers, including three interceptions. The Owls' offense only had one turnover.

Defensively, Riley had two interceptions and three tackles. Linebacker Jim Fennelly had six tackles, a pass breakup and a fumble recovery.

Tom Stralker led the Buccaneers with 88 rushing yards on 24 carries.



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The Westfield State men's and women's cross country teams ran in warm, wet and muddy conditions at the 10th annual James Earley Invitational held Saturday, October 8, at Stanley Park. The Westfield squads both placed fifth in the invitational. In total, there were 459 runners from more than 30 colleges.

OCT. 2005

Photo By Mickey Curtis



Westfield State sports roundup

OCT. 2005

Men's Soccer

Bridgewater 2, Westfield 1

BRIDGEWATER - Junior forward Josh Naginewicz (Ludlow) tallied the game-winning goal in the 104th minute to lift Bridgewater to a dramatic 2-1 double overtime victory over Westfield State in conference soccer action Oct. 10.

On the game-winning goal, senior midfielder Tophir Paone (South Easton) started the play with a pass that slipped past the outstretched hand of Westfield keeper Matt Costa (Chicopee) and hit senior forward Mike Quinn (Weymouth) in stride just outside the 18-yard box. Quinn then fed a pass across the goal line to a wide open Naginewicz, who ripped home the game winner into an unguarded net.

Westfield junior forward Dave Nalewanski (Easthampton) opened the scoring in the 28th minute as he tallied his third goal of the season.

Bridgewater got the equalizer near the end of the first half on a great hustle play by Quinn, who disrupted play in the Bears' offensive end and chipped a cross to freshman forward Joe Zguro (East Longmeadow). Zguro promptly headed the ball into the back of the net for his second goal of the season.

Field Hockey

Westfield 4, Worcester State 1

WORCESTER - Sophomore forward Megan Wolski (Plymouth) had two goals and two assists to lead Westfield State to another convincing victory - a 4-1 decision over Worcester State.

The Owls, who have scored 24 goals in their last five games, improved to 5-6 overall and 5-2 in the conference. Westfield has won five of its last seven games after an 0-4 start.

Freshman Kara Guittar (Dedham) opened the scoring on a penalty corner with assists from Wolski and Shanna Litterst. Litterst scored the second goal, with an assist from Wolski. The Owls took a 3-0 halftime lead on a goal from Wolski.

Worcester State scored in the opening minute of the second half then Westfield completed the score with a goal by Wolski.

Litterst finished with a goal and two assists and Guittar had a goal and an assist.

Westfield senior goalie Cat Hanks made 10 saves.

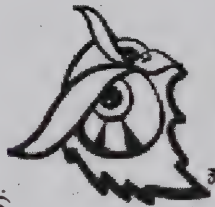
Women's Soccer

Bridgewater 2, Westfield 0

WESTFIELD - Freshman midfielder Megan Williamson (Ludlow) scored the game-winning

team title (39 points).

Coast Guard Academy sophomore Joellen Arons was the individual winter with a time of 18:51.97. Westfield's top finisher was freshman Marianne Mealey (12th, 19:37.78), followed by Heather Wenninger (17th, 19:50.46).



goal in the 67th minute to lead Bridgewater State to a 2-0 Mass. State Conference soccer victory over Westfield State Oct. 10.

The Bears improved to 6-3 overall and 2-0 in the conference. Westfield drops to 3-7 and 0-2.

Assisting on the game-winning goal was junior midfielder Katie Neary (Abington). Junior midfielder Stephanie Johnson added an insurance goal in the 71st minute.

Westfield senior goalie Jen Cyr (Worthington) had eight saves.

James Earley Cross Country

WESTFIELD - The Westfield State men's and women's cross country teams both finished fifth in the 10th annual James Earley Invitational held Oct. 8 at Stanley Park.

A total of 236 runners and 23 teams competed in the men's meet, which was won by Bowdoin College with 29 points. Mass Maritime placed second with 87 points.

Bridgewater State sophomore Avery Bouchard (26:41.97) outran conference rival Fabian Mejia (26:43.72) of Salem State to take top individual honors.

Westfield State sophomore John Messer, a Westfield High graduate, placed ninth in 27:28.14.

In the women's meet, there were a total of 223 runners and 20 teams. Bowdoin also won the women's



Westfield State senior volleyball standout Lindsay Dalene slams the ball across the net for another kill. Dalene led the Owls to a 9-7 record heading into this past weekend's key conference games vs. Framingham State and Worcester State.

Photo By David Harris-Fried

Worcester St. avenges losses to Owls

Oct. 2005

WORCESTER - The Worcester State College Lancer football team defeated the visiting Owls of Westfield State College for the first time since the 2000 season by the final score of, 47-7, Friday night, Sept. 30, under the lights of Coughlin Field on the campus of Worcester State College.

The win improves Worcester State to, 3-2, on the season and, 1-0, in New England Football Conference Bogan Division play, while Westfield State falls to 2-2 and 0-2 in the Bogan Division.

Worcester State led, 10-0, af-

ter the first quarter as the Lancers opened the scoring when junior quarterback Kyle Beatrice (Swampscott, MA) found senior wide receiver Jeremy Gaucher (Burrillville, RI) on a 41-yard scoring strike midway through the first quarter. Senior place kicker Tom Gabriel (Wareham, MA) followed that score late in the quarter with a 27-yard field goal.

Early in the second quarter, junior running back Steve Kasprzak (Tewksbury, MA) scored on a 1-yard plunge into the end zone. Late in the second half, Beatrice and

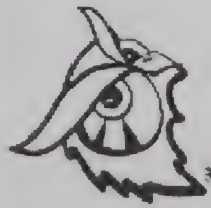
Gaucher hooked up again on a 23-yard touchdown pass to give the Lancers a, 24-0, halftime advantage.

Four minutes into the second half the Lancers added to their lead when senior defensive back Jason Crabb (Andover, MA) forced a fumble at the 50-yard line and defensive tackle Paul Ivanoski (S. Easton, MA) picked up the loose ball and sprinted 50 yards for the touchdown to extend the Lancers lead to 30-0. Gabriel added his second field goal of the game from 39 yards out to push the lead to, 33-

0, and Izzy Ayala (Southbridge, MA) scored on a 6-yard run to close out the third quarter with the Lancers leading 40-0.

Westfield State got on the board two minutes into the fourth quarter when Craig Skribiski (Whately, MA) forced a Lancer fumble and sophomore defensive back Ricky Angus (Foxboro, MA) grabbed the loose ball and returned it for a 30-yard touchdown. With eight minutes remaining in the game, junior running back Billy Shea (Walpole, MA) scored on a 14-yard touchdown run to give the Lancers the, 47-7, win.

The Lancer defense held the Owls to zero first downs in the first half and to 62 total yards on the game, while Worcester State totaled 335 yards of total offense. Beatrice finished the game 8 for 19 with 154 passing yards and Gaucher had 4 catches for 111 yards and 2 touchdowns.



PEP RALLY!!!

Support Westfield State Varsity Athletes

Wednesday, Oct. 12, 8:00 p.m.

Woodward Center



Hall of Famers

OCT. 2005

Westfield State College inducted six into the WSC Athletics Hall of Fame before a capacity crowd of more than 250 at Scanlon Banquet Hall Oct. 14. First row, left to right, are: Heather Cabral (field hockey/softball, Class of '92); Joyce O'Donnell (softball coach, 1980-1992); Donna McLean (softball/basketball, Class of '87). Second row: Bill Devine (track and field, Class of '74); Ben "BA" Adams (basketball, Class of '75); and Garry Beard (baseball, Class of '78) . *Photo By David Harris-Fried*

Soccer teams split with MCLA

Women's Soccer

Westfield 5 - MCLA 3

NORTH ADAMS - The Westfield State women's soccer team held on for a 5-3 victory over MCLA on Oct. 18.

Westfield is 4-8 overall and 1-3 in the conference. MCLA dropped to 3-9-1 and 0-4.

The Owls took a 3-0 in the opening 19 minutes on goals by Janelle LaRose, Erin Lowney and Katie Kissel. MCLA scored twice late in the first half and tied the score 12 minutes into the second half.

Westfield freshman Jess Coleman scored the game-winning goal in the 59th minute. Junior Kate McMillan added an insurance goal in the 65th minute.

Men's Soccer

MCLA 1 - Westfield 0

WESTFIELD - Junior defender Brendan McCarthy's (West Springfield) penalty kick in the 65th minute gave Massachusetts College of Liberal Arts (MCLA) a 1-0 men's soc-

cer victory over Western Mass.

rival Westfield State on Oct. 18.

MCLA is 3-8-1 overall and 2-2 in the Mass. State Conference. Westfield is 4-8 and 1-4.

Westfield outshot the Trailblazers, 13-6. MCLA junior goalie Zach Natalie made seven saves.

College Men's Soccer

Mass Maritime 2 - Westfield 0

WESTFIELD - Freshman midfielder T.J. Fleming scored the game-winning goal and assisted on the second goal to lead Mass Maritime Academy to a 2-0 Mass. State Conference men's soccer victory over Westfield State.

Fleming scored midway thru the first half on a 30-yard blast just below the cross bar. He also assisted on John VanDolson's breakaway goal with 5:34 remaining in the game.

Westfield held an advantage in shots (16-7) and corner kicks (9-0).

College Volleyball

Westfield 3 - Worcester State 1

Framingham 3 - Westfield 2

WESTFIELD - The Westfield State women's volleyball team split a conference tri-match vs. Worcester State and Framingham Oct. 15.

Westfield defeated Worcester State (23-30, 30-25, 30-22, 30-24). Framingham rallied from a 2-0 deficit to defeat Westfield (23-30, 28-30, 30-20, 30-25, 15-11).

In the third match, Framingham swept Worcester 30-19, 30-22, 30-17.

Westfield is now 11-8 overall and 4-1 in the conference. Framingham is 13-9 and 2-1.

Senior middle blocker Lindsay Dalene totaled 49 kills and 10 blocks in the Owls' two matches. Junior setter Elissa Genereux had 65 assists, two blocks and 11 digs. Nikki Whitlow had 10 kills, 26 digs and 10 aces. Krista Grifoni and Danielle Mainini recorded 60 and 31 digs, respectively.



Westfield State sophomore Brennan Struthers goes high to head the ball during the Owls' 2-0 victory over Framingham State. Struthers scored both goals. Photo By David Harris-Fried



Taylor Ditmar, the 5-year-old daughter of Westfield State women's soccer coach Todd Ditmar, gets into the spirit as she gives Nestor a high five during the athletic department's fall semester Pep Rally held Oct. 12 in the Woodward Center. Photo By Mickey Curtis

OCT. 2005

Bridgewater bests Owls

WESTFIELD—Senior running back Brenden Kavey (Pittsfield) rushed for 163 yards on 25 carries and senior wide receiver Mark Hull (North Attleboro) caught two touchdown passes to lead Bridgewater State to a 32-7 New England Football Conference victory over Westfield State.

Bridgewater improved to 5-1 overall and 3-1 in the NEFC Bogan Division. Westfield fell to 3-3 and 1-3 in dropping its homecoming game.

The Bears also were backed by a solid defense that held the Owls to 151 yards in total offense, including 24 net rushing yards. Bridgewater also intercepted two passes and recovered three Westfield fumbles.

Bridgewater opened the scoring with 12:02 remaining in the second quarter on an 11-yard pass from

senior quarterback Adam Camobreco (Duxbury) to Hull. The point after attempt was blocked by Ryan Riley.

The Owls took a 7-6 lead on the next possession on a 28-yard pass from senior quarterback Mark Lorenzano (Quincy) to senior receiver B.J. Holleran (Quincy).

Bridgewater scored a defensive touchdown with 5:29 left in the first half. Sophomore end Robert Morrissey (Gloucester) forced a fumble on a quarterback sack and senior end Sal Longo (East Bridgewater) picked off the loose ball in midair and returned it six yards for a score. Kavey ran for the two-point conversion.

The Bears led 16-7 at half-time as they recorded a safety when Westfield's center snap on a punt attempt sailed out of the end zone.

Westfield fumbled the second half kickoff and Bridgewater scored four plays later on an 8-yard TD run by Camobreco. Bridgewater completed its scoring in the fourth quarter on a 36-yard TD reception by Hull and a safety on a blocked punt.

The potent Bridgewater offense only passed for 110 yards on 8 of 22 attempts, but rushed for 255 yards on 51 carries. Westfield State quarterbacks attempted 37 passes with 14 completions.

Morrissey led the Bears' balanced defense with seven tackles, including three sacks, and two forced fumbles.

Senior linebacker Jim Fennelly (Wilmington) again played well for Westfield with 13 tackles, including 10 solos. Senior tackle Casey Lawrence (Ayer) had 6 tackles, a sack, and a fumble recovery.

WESTFIELD EVENING NEWS

WESTFIELD, MA
MONDAY 5,900
OCT 3 2005



New England Newsclip
AGENCY INC

Lancers trounce WSC Owls, 47-7

WORCESTER — The Worcester State College Lancer football team defeated the visiting Owls of Westfield State College for the first time since the 2000 season by the final score of, 47-7, Friday night at Coughlin Field on the campus of Worcester State College.

The win improved Worcester State to, 3-2, on the season and, 1-0, in New England Football Conference Bogan Division play, while Westfield State fell to 2-2 and 0-2 in the Bogan Division.

Worcester State led 10-0 after the first quarter as the Lancers opened the scoring when junior quarterback Kyle Beatrice (Swampscott, MA) found senior wide receiver Jeremy Gaucher (Burrillville, RI) on a 41-yard scoring strike midway through the first quarter. Senior place kicker Tom Gabriel (Wareham, MA) followed that score late in the quarter with a 27-yard field goal.

Early in the second quarter, junior running back Steve Kasprzak (Tewksbury, MA) scored on a 1-yard plunge into the end zone. Late in the second quarter, Beatrice and Gaucher hooked up again on a 23-

yard touchdown pass to give the Lancers a 24-0 halftime advantage.

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Westfield State got on the board two minutes into the fourth quarter when Craig Skribiski (Whately, MA) forced a Lancer fumble and sophomore defensive back Ricky Angus (Foxboro, MA) grabbed the loose ball and returned it for a 30-yard touchdown. With eight minutes remaining in the game, junior running back Billy Shea (Walpole, MA) scored on a 14-yard touchdown run to give the Lancers the 47-7 win.

The Owls will visit Massachusetts Maritime Academy.

Sky's the limit for Owls

By DICK BAKER
rbaker@repub.com

It's Homecoming Day, and Westfield State College wants to make sure some people drop in for their football game against tough Bridgewater State.

So, the Owls are having a paratrooper drop in to hand the ball to the referee for the 1 p.m. kickoff.

The Owls hope their on-field performance is as spectacular as that of the pregame. Two years ago, also on Homecoming, Westfield erased a 24-0 deficit against Bridgewater to pull out a 27-24 win.

But Bridgewater won last year's meeting 27-0, and appears to be a formidable opponent again. The Bears are 4-1, while averaging 40 points a game as the second-best passing team in the New England Football Conference.

Meanwhile, the Owls (3-2) have the best defense in the league, allowing only 214 total yards per game - despite being pounded 47-7 two weeks ago at Worcester State.

Bridgewater, which lost only to Fitchburg (28-21) is led by senior running back Brenden Kevie of Pittsfield. Kevie is averaging 150 yards rushing, and

Local College Football

TODAY'S GAMES

James Madison at UMass, noon
AIC at Pace, 1
Amherst at Colby, 1
Bridgewater St. at Westfield St., 1
Framingham St. at WNEC, 1
Springfield at Plymouth St., 1:30
Williams at Middlebury, 1:30

has rolled up 78 points in five games.

Bridgewater beat Maine Maritime 33-24 last week. The Bears also own wins over Nichols (42-18), UMass-Dartmouth (48-7), and Framingham State (57-0).

Westfield, which has beaten Bridgewater in three of the last four years, is coming off a 14-0 victory at Massachusetts Maritime.

STRONG FINISH: Western New England College coach Keith Emery is looking for a stronger finish from his 1-4 Golden Bears, who host Framingham State.

"We've had the lead four times in the fourth quarter this season, and we've won only one of those games," Emery said. "We are lacking mental toughness and discipline, but we are working very hard to improve those areas."

MIT scored 28 unanswered points in the second half to defeat WNEC 31-27 last week.

The Golden Bears have beaten Framingham (2-3) the last seven years, and hold a 10-3 all-time advantage.

SHOULD BE EASY: After last week's thrilling 50-49 win over Western Connecticut, Springfield College (1-4) is looking to carry that momentum into another victory at Plymouth State tomorrow at 1 p.m. Given that Western Connecticut routed Plymouth 56-7 earlier this season, and that the Pride has beaten Plymouth three straight times by shutout (55-0 last year), this should be a one-sided affair.

GOING FOR FOUR: American International College (3-2) is seeking its fourth straight win when it travels tomorrow to Pleasantville, N.Y. to face Pace (1-5).

The Yellow Jackets have taken all eight meetings since the series started in 1997, but the Setters did provide a scare last year.

They stunned the AIC Homecoming crowd by jumping out to a 19-0 lead in the first quarter. The Yellow Jackets rebounded quickly to take a 21-19 lead midway through the second quarter on Henry Rafferty's 52-yard touchdown interception, en route to a 28-19 win.

Defending more than end zone

Former Ayer High teammates Pa'u and Lawrence bring military backgrounds onto field

By DAVID PEVEAR
Sun Staff

Roommates. Teammates. Brothers in arms. Stan Pa'u and Casey Lawrence, both of Ayer, are the starting defensive tackles on the Westfield State College football team. They line up side by side to defend the Owls' goal line. And when called upon, they will defend ideals far beyond the end zone.

Pa'u, a 24-year-old senior majoring in criminal justice

and psychology, spent the 2003 football season in Balad, Iraq, 50 miles north of Baghdad, serving with the U.S. Army HHC 26th Brigade Combat Team.

Lawrence, a 22-year-old senior majoring in physical education, spent the 2003 football season serving with Alpha Company of the 1-181 Infantry, guarding suspected terrorists held at Camp Delta in Guantanamo Bay, Cuba.

Lawrence also missed the first two games of this 2005 season when his National Guard unit was ordered to New Orleans to help restore order following Hurricane Katrina.

"They're just unbelievable kids," says Westfield State football coach Steve Marino. "They're men, really. Their military experiences make them appreciate things. They appreciate what they've got. To them, every day here is a good day."

linebacker Ryan Togneri of Turner Falls, will be deployed to Iraq following the season.

These Owls are the true New England Patriots. "None of them ever complain," says coach Marino. "They're all proud to do it. They have a strong sense of obligation and duty."

Pa'u and Lawrence were teammates at Ayer High, graduating in 2000 and 2001, respectively. Both enlisted in the military before their graduations, and ahead of the

Please see **LEADERS/14**

"They're just unbelievable kids. They're men, really. Their military experiences make them appreciate things."

Westfield State football coach Steve Marino on Ayer natives Stan Pa'u and Casey Lawrence

Never knowing when or if he will be called to Iraq, Lawrence, with 17 months remaining on his National Guard commitment, focuses intensely on each upcoming opponent.

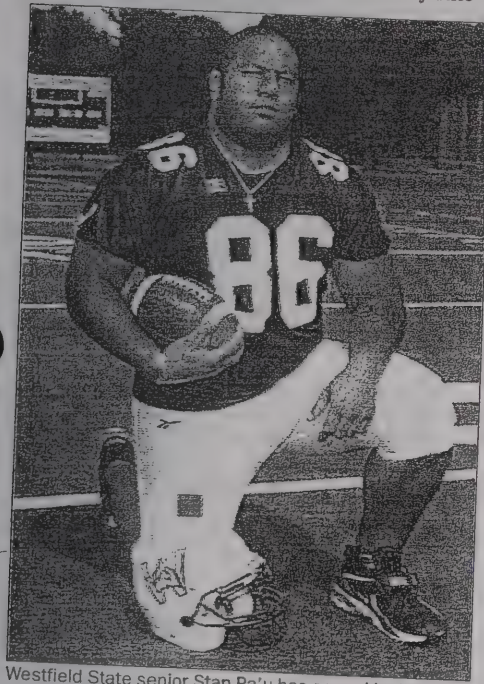
"If (a call to combat) happens, it happens," says Lawrence.

The trenches of Division 3 college football must seem tame to Pa'u and Lawrence after their experiences in service to our country.

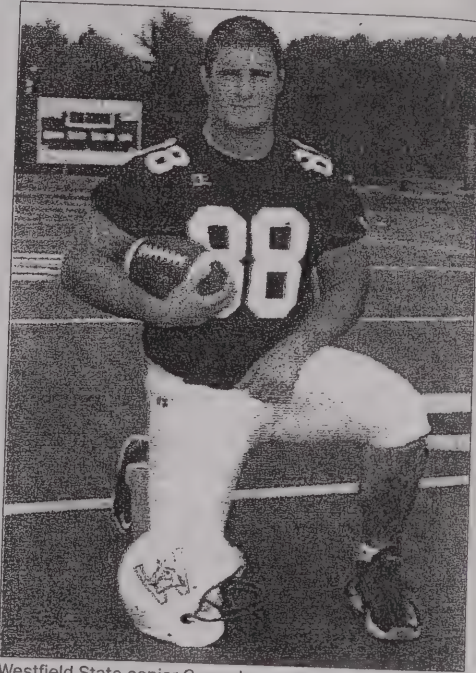
"It's not as intense as over in Iraq (and the consequences are not deadly)," says Pa'u, "but football is kind of the same in that you also put your trust in the person beside you, and everybody must pull together."

"It's still intense," says the 6-foot-2, 260-pound Lawrence. "It's still hard. We are kind of struggling (4-3 record). Me personally, I'm having a great time. Defensively we're doing pretty well. (Westfield State's defense entered this past weekend ranked second in the New England Football Conference). It's cool playing alongside Stan."

A third member on the Westfield State defense, senior



Westfield State senior Stan Pa'u has served in the U.S. Army in Balad, Iraq.

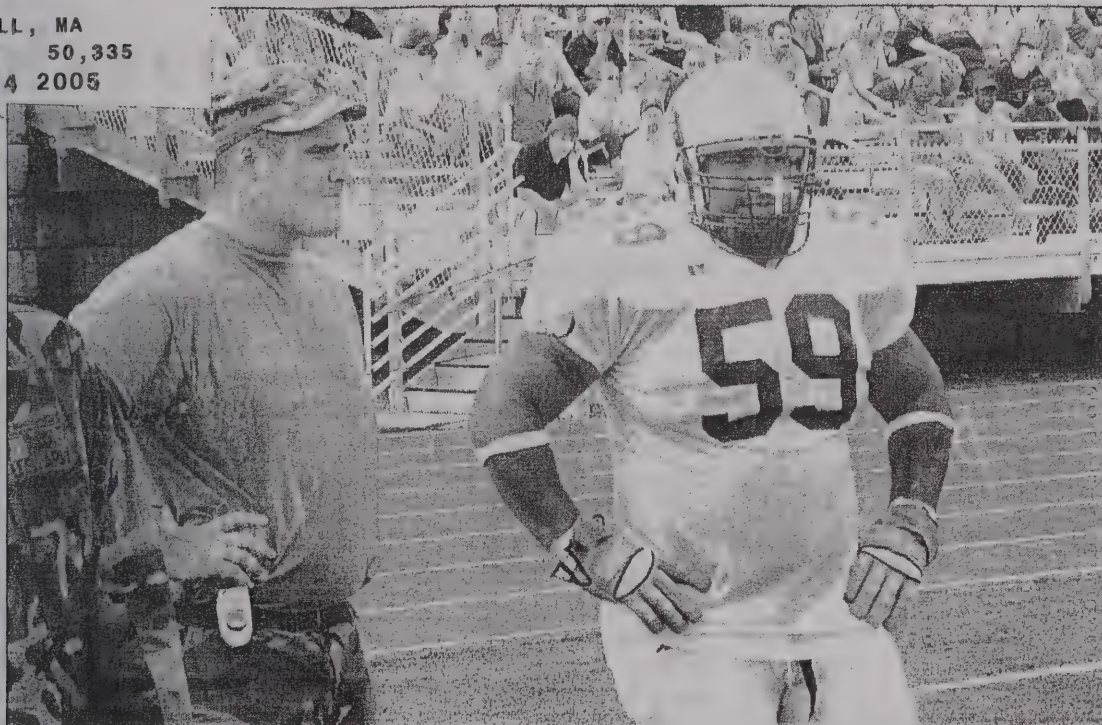


Westfield State senior Casey Lawrence has guarded suspected terrorists in Guantanamo Bay, Cuba.

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Two
of
Two



While he was on active duty, Casey Lawrence (left) stayed on the sidelines to cheer on his Westfield State football teammate Stan Pa'u.

PHOTO BY MICKEY CURTIS

In service with a smile

Pa'u, Lawrence aren't typical college football players

LEADERS / From Page 13

national patriotic fervor following 9/11.

Pa'u comes from a military family. His father Muaau served with the U.S. Army Special Forces, retiring in 1980 as a master sergeant. Pa'u's older brother Alika retired from the Army in 2000 as a first sergeant. (Another older brother, Pat, was a standout defensive lineman at the University of Maine who graduated in June and still hopes for a shot at the NFL.)

Pa'u played linebacker at Westfield State in 2000, but missed the 2001 season due to a wrist injury, and the 2002 and 2003 seasons due to his military service.

He arrived in Iraq on April 1, 2003, 11 days after the U.S.-led invasion was launched, and remained there until December 2003.

"We'd get hit every day," says Pa'u. "Anything can happen over there. Nothing is for sure over there. But the people over there really need us, and they do really want us over there. I made a best friend in Iraq. You can't let a very few are make a bad name for the whole country."

After three seasons away from football, Pa'u returned to Westfield State in 2004.

"I was ecstatic to see him," says Marino.

Pa'u hit the weight room and grew from a linebacker into a defensive tackle.

Pa'u has one more season of football eligibility that he does not intend to use. He is scheduled to graduate in May. His initial six-year hitch in the Army National Guard expired in April, but he signed up for six more years.

Lawrence enlisted in

March 2001 as a senior at Ayer High and played football at Westfield State in 2001 and 2002 before duty called. He was stationed at Guantanamo Bay from August 2003 to July 2004.

"We were security inside and outside Prison Camp Delta," says Lawrence. "We managed the check points all around that area. We didn't see anything, nobody attacked us. It was definitely a good experience."

Lawrence and Pa'u anchor the middle of a Westfield State defense on which senior linebacker Jim Fennelly of Wilmington is the leading tackler.

"Casey and Stanley make us thick inside," says Marino. "They make us tough to run on."

David Pevear's e-mail address is dpevear@lowell-sun.com

Star basketball player returns to coach at WSC

BY SAMANTHA BOULAV
VOICE REPORTER

OCT. 2005

A Westfield State College Alumnus has returned to the college this year to coach the girls basketball team that she used to play for.

Andrea Bertini, a 1996 WSC graduate with a Communications Degree, took on the now full-time position of the Women's Basketball Coach this fall. She is taking over for Steve Marcil who resigned from the position last year.

"I'm thrilled to add her on staff," said Nancy Bals, an Assistant Athletic Director and Women's Coordinator. "She will add a lot of experience administratively and athletically."

"More than anything, I think it's a tremendous opportunity to go back and coach where I played," Bertini said in Women's Basketball Coaching Staff. "Not many players get the chance to do that, and I feel fortunate."

"I got a call in late March about the part-time coaching position," said Bertini, a Salem Mass. native.

She had a great interview and impressed the other Assistant Directors as well as the interim Athletic Director Tim Murphy, said Bals. Bertini, as well as her assistant coaches Knott and Marquez, are going a very good job, Bals said.

"I want [the team] to be a program the college can be proud of, and I want to be successful from a win/loss perspective," Bertini said. "More than anything I want to make sure we gave 100% effort and tried to improve everyday."

"She is intense in her actions," said Betty Dely, a sophomore on the WSC Women's Basketball team. "She really knows what she is doing, and I think she is going to lead us in a great season."

"I remember that we played in the old Parenzò gym," said Bertini. "Jokingly, our team called it the 'Owl Dome. It had a very homey feel to it, if only ten people came to our game, the gym still felt full."

According to school records, Bertini still holds the

Basketball

record for most 3-Point Attempts (303) and most 3-Point Field

Goals (109) in a season. She is also the fourth highest Women's Basketball all-time scorer for Westfield State with 1,310 points in her four year career.

Before accepting the position at Westfield State, Bertini was the head coach of the women's basketball team at Newbury College, which

is right outside of Boston, Bertini said. "I went from a school with no gym and 800 students back to Westfield. It was a huge jump," said Bertini.

Bertini not only has her Bachelor's Degree in Communications from none other than Westfield, but she has her Master's Degree in Athletic Counseling from Springfield College where she graduated in 2001.

Westfield women defend cross country crown

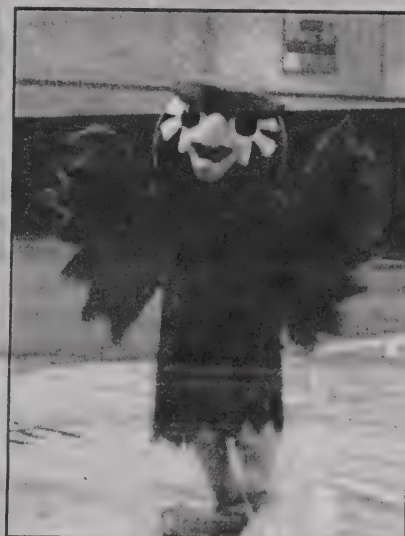


Marianne Mealey, left, and Heather Wenninger, right, led the Mass. State Conference women's cross country championship race from start to finish at Hillside Park in Boylston on Oct. 22. Mealey, a freshman from Foxboro, claimed the individual title while Wenninger placed second in earning all-conference honors for the fourth straight year. *Photos By Mickey Curtis*



OCT.
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Members of the Westfield State men's cross country team took longer than normal to recover after running the challenging course at Boylston's Hillside Park, the site of the Mass. State Conference championships.



Left: The men's soccer team coach says a few words at the 2005 fall Pep Rally.
Right: Nestor the owl cheers on the fall sports teams.

-Photos by Emily Engel

Owls finish third in exciting men's race

OCT. 2005

By Mickey Curtis

BOYLSTON — Another dominating performance by the Westfield State women and an exciting men's race highlighted the 2005 Mass. State Conference cross country championships held Oct. 22 at Hillside Park just north of Worcester.

While the Westfield men were unable to defend their title, the Westfield women scored the second lowest total ever in claiming their second straight conference crown and their 7th in the past 10 years. The Owls took four of the first five places and had five all-conference runners to finish with 20 points, well ahead of second place Bridgewater State (52 points). In 1999, Westfield took the top five places for a complete sweep of 15 points.

"The women ran extremely well," said veteran coach Bob Rausch. "It was a difficult course."

Westfield State's Marianne Mealey and Heather Wenninger were nearly a minute ahead of the other frontrunners in finishing first and second, respectively. Mealey — a freshman from Foxboro — had a winning time of 19:53 over the demanding 3.1-mile course. Wenninger finished in 20:01 in earning all-conference honors for the fourth straight year. The senior from Chicopee was second in 2004, fourth in 2003, and third in 2002.

"Marianne has been showing steady improvement," said Rausch. "And she had a PR (personal record) on a tough course."

Both she and Heather had fantastic times considering how difficult the course was...they worked well off each other."

Freshman Kristin Hassig also delivered an exceptional run by placing fourth in 20:54. Senior Sheila Mulherin was right behind Hassing with a season-best clocking of 21:02.

It was the third time in three attempts that Mulerin earned all-conference honors. She spent the entire 2004-2005 academic year on student exchange.

Senior Marissa Blume earned all-conference honors by placing eighth in 21:32. Rausch also noted that sophomore Amanda Baker ran well in just missing all-conference by nine seconds with a 12th place time of 22:10.

In the men's meet, Westfield gave heavily favored Mass Maritime a scare before faltering in the latter stages of the race. Mass Maritime won its first ever cross country title with 39 points. Bridgewater finished second with 48 points and the Owls were third with 54 points.

"That was a very competitive race this year," said Rausch. "It was an exciting race to watch for both coaches and spectators."

"I thought our men did what they had to do," he continued. "We were six points behind Mass Maritime at the three-mile mark. Our strategy was to let Mass Maritime set the pace and then we would try to overtake them. We ran well but Mass Maritime just had the better team this year."

The Owls' top seven finishers were underclassmen. Earning all-conference honors were sophomores John Messer and Chris Cuff. Messer — a Westfield High School graduate — finished fifth in 27:24 over the five-mile layout. Cuff came in eighth in 27:59.

"Chris Cuff did a great job," said Rausch.

Just missing all-conference honors with an 11th place was Andy Messer, John's identical twin brother. Freshmen Jon Kunhardt and Phil Gingras placed 14th and 16th, respectively.

Salem State senior standout Fabian Mejia won the meet for the third consecutive year, pulling away from Bridgewater's Avery Bouchard and Nate Goldrick in the last quarter mile. Mejia's winning time was 27:01.

"This course was tough on everybody," said Rausch. "Fabian usually runs about a minute and 30 seconds faster than his winning time."

Defense comes first for Owls

By **DICK BAKER**
rbaker@repub.com

The top defense in the New England Football Conference will try to slow down the league's top rushing offense when Westfield State hosts Maine Maritime tomorrow at noon.

Westfield is ranked first in the conference and ninth in the NCAA Division III in total defense while allowing only 229 yards per game. Meanwhile, Maine Maritime has rolled up an average of 292 yards while building a 5-2 record. The ground game is led by senior fullback Don Thibodeau, who is atop the NCAA Division III in total offense with 1,314 yards for an average of 187.7 per contest.

Westfield is averaging only 9.7 points per game, but still has a winning record at 4-3. If the Owls win tomorrow it would give them their fifth straight winning season.

Maine Maritime is coming off

a 35-7 home victory over Worcester State, a team that smashed Westfield 47-7 earlier in the season.

The Owls are ranked third nationally, and first in the NEFC in passing defense. Senior backs Jay Abair of Ludlow and Craig Skribiski of Whately, and senior linebacker Ryan Togneri of Turners Falls have made key contributions.

THREE-WAY-TIE: Amherst (4-1) is in a three-way tie for second place with Colby and Bowdoin in the New England Small College Athletic Conference as it prepares for this week's game at Tufts.

The Jumbos and Jeffs have been playing close games of late with no contest being decided by more than eight points over the last six years. Tufts has won the last two meetings, taking last year's game 10-3, and the 2003 match-up 24-17 in overtime. Amherst won the 2002 contest 27-24, also in OT.

After winning the first two

games this season, the Jumbos have lost the last three. The problem has been on offense, which scored a combined 21 points over the three losses.

NASTY NEW YORKERS: For the second straight week, Springfield College will face a nationally ranked team from upstate New York with a dominating quarterback.

The Pride (2-5, 0-3) hosts Ithaca (6-1, 4-0) in an Empire Eight game tomorrow at noon at Benedum Field.

Ithaca, which is tied for first with Alfred, is led by quarterback Josh Felcetti, who has completed 122 of 179 passes (.682) for 1,679 yards and 21 touchdown passes.

Last week, the Pride was pounded by St. John Fisher (7-1, 3-1) 40-14.

In other football action, American International (3-4, 3-4) tries to shake off last week's 38-7 defeat to C.W. Post, with a game tomorrow at Stonehill (3-4, 3-5).

LOCAL COLLEGE FOOTBALL

TOMORROW'S GAMES

Ithaca at Springfield, noon
Maine Maritime at Westfield, noon
New Hampshire at UMass, noon
WNEC at Curry, noon
AIC at Stonehill, 1
Amherst at Tufts, 1
Hamilton at Williams, 1

Owls host quarterfinals

WESTFIELD — The Westfield State College field hockey team hosts Framingham State College in a quarterfinal contest of the Little East Conference (LEC) postseason tournament this evening. Game time at Alumni Field is 6.

Westfield State is the fourth seeded team in the seven-team field. In other quarterfinal games, Southern Maine is at Keene State and U-Mass Dartmouth is at Fitchburg State.

Plymouth State is the No. 1 seed and hosts the semifinals on Friday, Nov. 4, and the championship game on Saturday, Nov. 5. The winner of the LEC tournament receives an automatic bid to the NCAA Division III tournament.

Westfield State finished with an 8-8 overall record — after dropping its first four games of the season — and a 7-4 conference record. During the regular season, the Owls defeated Framingham State, 4-1, and Plymouth State, 5-1.

The Owls' leading scoring is sophomore forward Megan Wolski (Plymouth, Mass.), who has 17 goals and 9 assists. Junior forward Shanna Litterst (Falmouth) has 14 goals and nine assists.

WESTFIELD EVENING NEWS

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NOV 2 2005



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15

Westfield State advances to semis

WESTFIELD — Westfield State College advanced to the semifinals of the Little East Conference field hockey tournament with a 3-1 victory over Framingham State Tuesday evening.

The Owls, 9-8 overall, will play at No. 1 seed Plymouth State at noon Friday. In Friday's other semifinal game at Plymouth, Keene State will

play U-Mass Dartmouth at 2:30. The championship game is scheduled for Saturday at noon, also at Plymouth State.

Earlier this season, Westfield State handed Plymouth State one of its two league losses by a 5-1 score.

Westfield, which defeated Framingham, 4-1, during the regular season, took control late in the first

half and early in the second half with an explosive offensive attack.

Freshman Kara Guittarr (Dedham) opened the scoring for the Owls with a nifty wrist shot just inside the right post. Junior standout Shanna Litterst (Falmouth) made it 2-0 with 22:41 remaining in the game on a wicked blast from 10 yards out. Assisting on the score were Kate Anderson

(Georgetown) and Megan Wolski (Plymouth).

Three minutes later, Wolski scored her team-high 18th goal of the season with an assist from Anderson. Framingham's Erin Johnson (Uxbridge) scored with 2:15 remain-

ing. Westfield outshot Framingham, 19-3.

W-H's Conover lures NFL scouts

Westfield

By **JOHN R. JOHNSON**

For The Patriot Ledger

The Bucknell coaching staff took a page out of the New England Patriots playbook on Saturday. Seeking to spark a club that has won only one game all season, All America defensive end Sean Conover saw time at both tight end and defensive end for the Bison, catching his first collegiate touchdown pass in a 33-20 loss to Lafayette.

Conover, a 6-5, 270-pound product of Whitman-Hanson High School, was recruited to

Bucknell as a tight end but moved to the defensive side of the ball at the start of his sophomore season. He responded immediately and last year and was named Patriot League Defensive Player of the Year, as well as a second team All American.

This season Bucknell has struggled, and with four games left in his college career, Conover approached the coaching staff prior to the Lafayette game and volunteered to play both ways. On defense, he made four tackles and forced a fumble. Conover saw action in seven offensive series, catching four passes for 62 yards, including the fourth quarter score that tied the game at 20-20 after Bucknell had trailed, 20-3.

Conover, who led the conference with 10.5 sacks last year, had one of his best games of the season three weeks ago against Villanova when he had four tackles for lost yards and 2.5 sacks, as well as forcing a fumble and recovering another.

Conover was the pre-season pick for Patriot League Defensive Player of the Year, but hasn't posted stats nearly as impressive as last year. Part of the problem is opponents prepare their game plan around him, relying on a lot of quick step drops from the quarterback in an effort to avoid sacks. Just the same, Conover has been the subject of several scouting missions from NFL clubs.

BJ Holleran is on a roll for the **Westfield State** football team. The senior from Quincy has his name in the record books after hauling in a school record 14 receptions for 165 yards in a 21-11 loss to Maine Maritime. In the last three weeks Holleran has caught 28 passes. With 54 for the season, he is two behind the NEFC leader (Western New England's Kevin Miculey) heading into the final week of regular season play. Despite throwing five interceptions, Westfield quarterback Mike Lorenzano, also of Quincy, completed 20-of-35 passes for 229 yards...

James McQuinn, another Quincy native, had two interceptions and five tackles for the **Salve Regina** football team on Saturday. The junior defensive back returned the picks for a total of 23 yards in Salve's 47-7 triumph over MIT. **Bridgewater State's Mike Sirignano**, a junior defensive tackle from Hanover, had 13 tackles, including 11 solo stops and four for lost yardage, in the Bears' 24-20 victory over Worcester State. He has 10 solo stops for lost yardage this season...

Christian Allen of Abington has been named Defensive Player of the Week in the New England Small College Athletic Conference. The junior outside linebacker for **Trinity College** helped the Bantams to remain undefeated at 6-0 and extend their winning streak to 28 games with a 14-0 victory over Middlebury by making eight tackles (1.5 for lost yardage), a pass breakup and a forced fumble that led to a Trinity touchdown. The Bantams posted their fourth shutout of the season, and their 28-game winning streak is the longest in the country at the Division 3 level...

The **Pat Lucey** watch continues at **Williams College**. Lucey, who has begun each of the Ephs' last three games with at least 10 straight completions, finished the day 14-for-17 for 171 yards and one touchdown pass in a 56-14 victory over Hamilton. The **Plymouth** native is 43-of-52 (82 percent) in his last three games, and has thrown for 728 yards on the season while completing 78 percent of his attempts (71-of-91).

COLLEGE FOOTBALL NOTEBOOK

PATRIOT LEDGER

QUINCY, MA
THURSDAY 64,935
NOV 3 2005



New England Newsclip
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Fall sports roundup

Owls Handle Framingham, 10-2

FRAMINGHAM - Westfield State edged Framingham State by a score of 10-2 in a New England Football Conference game Oct. 22. With the win the Owls improve to 4-3, while the Rams slip to 2-5.

Westfield State jumped out to a 3-0 lead in the first quarter on a 26-yard field goal from senior kicker Rory McKeon, who had missed on the previous possession from 25 yards out.

Westfield State pushed its lead to 10-0 early in the second quarter when Mike Lorenzano tossed a 12-yard TD pass to B.J. Holleran.

The Rams got on the scoreboard in the third quarter. Westfield State was punting from its own two-yard line and the snap sailed out of bounds for a safety.

In the fourth quarter, the Rams offense was able to move the ball into Owl territory but was unable to find the end zone.

Rick Coburn led the way for the Owl defense with 10 tackles and 2 pass breakups.

Offensively, Lorenzano completed 10 of 17 passes for 79 yards and rushed for 42 net yards on 16 carries. Senior tailback Mark Puchalski rushed for 71 net yards on 24 carries. Holleran had seven catches for 64 yards.

Men's Soccer

Fitchburg 3 - Westfield 2, OT

Dan McPherson scored in the first minute of the second overtime to lift Fitchburg State to a 3-2 victory over Westfield State.

McPherson had a wide open shot at the net to score his seventh goal of the season as Westfield State goalie Mike Thompson slipped and fell to the ground while defending on the play.

The halftime score was 1-1 as Westfield tied the score in the 27th

minute on a goal by Trevor Groves. Matt Ross scored the other goal.

Field Hockey

Westfield 2 - Salem 0

WESTFIELD - Sophomore forward Megan Wolski (Plymouth) scored both goals to lead Westfield State to a 2-0 field hockey victory over Salem State.

Volleyball

Bridgewater 3 - Westfield 0

BRIDGEWATER

Bridgewater State swept Westfield State, 3-0 (30-14, 30-21, 30-22) on Oct. 25.

It was the Bears' 100th consecutive Mass. State conference victory.

Banacos Road Race is Nov. 20

OCT. 2005

The 27th annual Banacos Road Race will be held at Westfield State College on Sunday, Nov. 20, at 12:00.

Registration is from 10:45 a.m. to race time at the Woodward Center. There is no pre-registration. The entry fee is \$10 (\$6 for WSC students).

Official t-shirts will be given to the first 50 runners and special certificates will be awarded to all age division winners.

For more information, contact Lou Ann Simchak at 572-5417.



Volleyball squad eliminated in semis

The Westfield State volleyball team fell to Framingham State, 3-1, in the semifinals of the Mass. State Conference tournament.

The game scores were: 25-30, 30-21, 26-30, 30-32. The Owls finished with a 12-11 overall record.

Lindsay Dalene had 14 kills

and 5 blocks and Elissa Genereux recorded 34 assists and 4 blocks.

Other top players were: Nikki Whitlow (26 digs), Rachel Sweeney (4 kills, 2 blocks, 9 digs), Krista Grifoni (30 digs), Morgan Hosking (12 kills, 11 digs) and Danielle Mainini (19 digs).

Owls fall to Curry in season finale

WESTFIELD – Curry College concluded the regular season by outlasting Westfield State, 31-21, in a New England Football Conference (NEFC) non-divisional game.

Curry – a perfect 6-0 in the NEFC Boyd Division – improved to 8-2 overall and hosted Fitchburg State in the NEFC championship game. Westfield finished with a 4-5 record for its first losing season in five years.

Five players cracked the scoring column for the Colonels, who amassed 350 yards in total offense and took advantage of three Owl turnovers and a blocked punt.

Curry led 3-0 after the first quarter on a 35-yard field goal by David Vincent. The Colonels' first touchdown – a 1-yard run by Jarrad Jordan – was set up when Curry's Lamarr Monterio blocked a punt that was recovered by teammate Kris Kamborian at the Westfield 1:

Curry took a 17-0 lead midway through the second quarter on a 3-yard run by Brandon Benoit that capped an 8-play, 95-yard drive.

Westfield scored with 1:01 remaining in the first half on a one-yard run by fullback Mark Puchalski. The TD was set up by a 46-yard pass from the Quincy contection of quarterback Mike Lorenzano to B.J. Holleran.

The Owls closed to within 3

points, 17-14, early in the third quarter when Westfield's Matt Pawlishen blocked a Curry punt and Dave DeMango returned it 10 yards for a touchdown.

Curry took control again, however, as it converted a Westfield interception and fumble into two touchdown passes – a 10-yard TD reception by Felix Borukhov and a 1-yard catch by Steve DiFabio that capped a 3-play, 3-yard drive. The Colonels led 31-14 with 1:29 left in the third quarter.

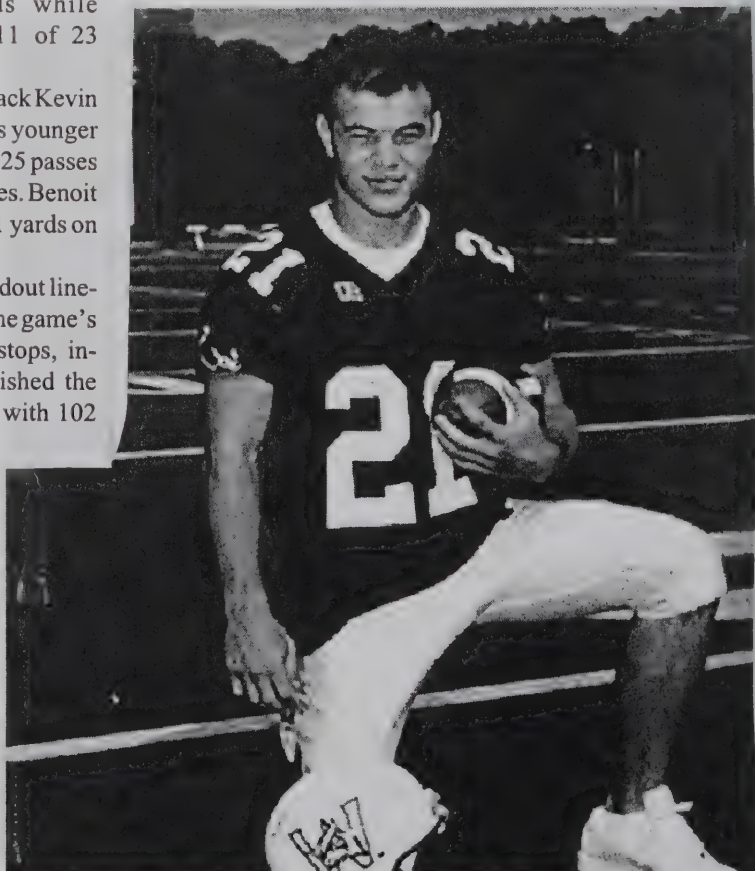
Westfield closed out the scoring on a school record 90-yard touchdown pass play from Lorenzano to Holleran. It was the second straight week that Holleran set a school record; last week the senior receiver had 14 catches.

Holleran finished with 7 catches for 164 yards while Lorenzano completed 11 of 23 passes for 194 yards.

Curry junior quarterback Kevin Holleran – B.J. Holleran's younger brother – completed 13 of 25 passes for 108 yards and two scores. Benoit led all ball carriers with 91 yards on 18 carries.

Westfield senior standout linebacker Jim Fennelly was the game's leading tackler with 14 stops, including 11 solos. He finished the Owls' nine-game season with 102 tackles.

Nov. 2005



Senior wide receiver B.J. Holleran set two school records in Westfield State's final two games. Holleran had 14 catches vs. Maine Maritime and a 90-yard touchdown reception vs. Curry College.

Field Hockey Team Finishes Second In LEC



Westfield State goalie Cat Hanks, flanked by head coach Heather Cabral and assistant coach Karen Gomez, was named the Most Outstanding Player in the Little East Conference field hockey tournament. Hanks had 16 saves in a big 3-1 win over No. 1 seed Plymouth State in the semifinals and a school record 28 saves in a tough double overtime loss to Keene State in the championship game. *Field hockey photos by Nancy Bals*

PLYMOUTH, N.H. – Second-seeded Keene State College claimed the 2005 Little East Conference field hockey championship Nov. 5, defeating fourth-seeded Westfield State College on penalty strokes after the two teams battled scoreless through 70 minutes of regulation and 30 minutes of overtime at PSU's Arold Field.

KSC connected four times on penalty strokes to defeat Westfield State, which converted only one. Keene State earned its third LEC championship, following the ones it won in 1999 and 2004. Keene State, now 14-8, advances to the NCAA Division III championship tournament, while Westfield State, finished 10-9.

Westfield State senior goalkeeper Cat Hanks (Somers, Conn.) was selected the tournament's Most Outstanding Player despite her team's loss. Hanks was superb in Westfield's 3-1 semifinal victory over top-seeded Plymouth

State, when she made 16 saves, and even stronger in the title game Saturday, making 28 saves.

Keene State controlled much of the play throughout the game as it outshot Westfield State 12-2 in the first half and 31-10 for the game. KSC also held a 17-6 advantage in penalty corners on the afternoon. KSC's Katie Pokrywka (Roxbury, Mass.) and Steph Georgevits (Concord, N.H.) had quality chances throughout the game, but couldn't put one past Hanks.

KSC scored on penalty strokes by junior Amanda Rosenbeck (Wilder, Vt.), freshman Alyssa Rowell (Queensbury, N.Y.), junior Jess Mirisola (Tewksbury, Mass.), and senior Rachel Ladd (Bridgewater, Mass.). The lone WSC penalty stroke goal was scored by sophomore Megan Wolski (Plymouth, Mass.).

Keene State goalie Sara Joyce (Hampstead, N.H.) recorded her sixth shutout of the season as she registered six saves in the win.



Congratulations to the Westfield State field hockey team
Mass. State Conference champion
Little East Conference tournament runner-up



Senior Heather Wenninger capped a fine four-year collegiate career by placing a respectable 57th at the New England Division 3 championship. Wenninger also placed second in the MASCAC championships to earn all-conference honors for the fourth straight year.

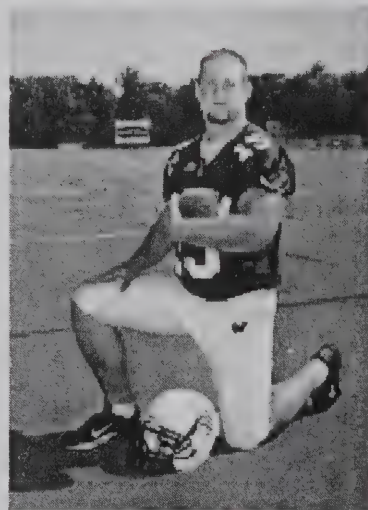
Five Owls named NEFC all-stars

Five Westfield State seniors were named all-conference in the 14-team New England Football Conference (NEFC).

First-team selections were senior defensive lineman Casey Lawrence, senior linebacker Jim Fennelly, and senior punter Mark Puchalski.

Fennelly led the Owls in tackles with 102 and Lawrence helped to anchor the defense that led the NEFC in total defense. Puchalski led the NEFC in punting (37.2) and was a first-team pick for the second straight year.

Named second team all-conference was defensive back Jay Abair. Earning honorable mention honors was receiver B.J. Holleran, who led the NEFC with 61 catches.



Mark Puchalski

Nov. 2005

Westfield State adds women's lacrosse for spring

8/17/06

3LD — Westfield State recently announced women's lacrosse as an intercollegiate sport for the fall semester. The addition of women's lacrosse as an intercollegiate sport at Westfield State director of athletics said. "We are apprecia-

tive of the administration's commitment in supporting our athletics programs and facilities. Adding women's lacrosse will enhance participation opportunities and allow our athletics department to continue to meet the needs of the students."

Westfield State, which had a women's lacrosse club program for the past three years, now fields 18

intercollegiate teams with the addition of women's lacrosse. The team will play an independent schedule during its inaugural varsity season, and in 2008 the Owls will become members of the New England Women's Lacrosse Alliance (NEWLA).

"The addition of the women's lacrosse team will enhance our

intercollegiate programs and strengthen our commitment to gender equity," said Dr. Arthur Jackson, Westfield State College vice president of student affairs. "Women's lacrosse is one of the fastest growing sports in the Northeast, and we look forward to our participation in NEWLA in 2008."

The NEWLA will consist of 10

teams in 2008, including Westfield's rivals in the Massachusetts State College Athletics Conference: Bridgewater State, Fitchburg State, and Worcester State.

Other NEWLA members are: Castleton State, Elms, Emerson, Lasell, Norwich, and Thomas

See WSC, Page 13

WVSC

Continued from Page 11

College of Maine.

Western New England College, a member of the NEWLA since 1999, will depart the NEWLA after the 2007 season and begin play in the Commonwealth Coast Conference as a full member in 2008.

CUNNINGHAM TAKES OVER

Janna Cunningham will take over as the first head coach of women's lacrosse. Cunningham was the head lacrosse coach at Nichols College for three years, and an assistant coach/assistant athletics director for a year.

She was a graduate assistant lacrosse coach for two years at Springfield College. She played

three years of lacrosse at Elmira College in New York. She also played four years of basketball at Elmira and participated in two NCAA Tournaments.

In addition to her women's lacrosse coaching duties, Cunningham is employed full-time at Westfield State as the athletics facilities manager.

"We are extremely fortunate to have Janna as our first women's lacrosse coach," said Westfield State athletics director Richard Lenfest.

"As the athletics facilities manager and coach she brings experience, energy, and enthusiasm to our athletics department."

8/17/06



JANNA CUNNINGHAM

www.westfieldstateowls.com

Athletics dept. launches new Web site

By Mickey Curtis, SID

The athletics program is a great source of pride at Westfield State College. The varsity teams have produced many championships and outstanding student-athletes, while the intramurals programs ranks as the best in the state college system.

To tout its accomplishments on the playing fields to a much larger audience, Westfield State recently launched its new athletics Web site – www.westfieldstateowls.com. In just a few short weeks, the Web site has created “a buzz” for its sharp-looking graphics and photos, daily updates, and user friendliness.

WSC administrators, alumni, coaches, parents and even other colleges have given the Web site “two thumbs up.” Most importantly, however, the Westfield State students are excited to have a first-class Web site, just as they are to be housed in the Woodward Center – their state-of-the-art academic/athletics building that opened a year ago.

“The new athletics Web site allows the college to more accurately represent our varsity sports teams, intramural programs, and to showcase our facilities,” said first-year Westfield State athletics director Richard Lenfest. “The site also enables us to educate prospective student-athletes, while keeping in contact with alumni as we continue to grow and become an even stronger athletics department.”

Athletics is one of the best ways to make a college more visible and marketable, even at the non-scholarship NCAA Division III level. You can’t put a price on the publicity Westfield State received for its undefeated football team in 2001. Or last spring when Tessa Donoghue (Class of 2005) was named the NCAA Division III Female Track and Field Athlete of the Year.

The Westfield State administration expects the number of people visiting its new athletics Web site to at least double. And this should translate into more visits to the college’s admissions department and alumni Web sites.

“From a marketing standpoint, it brings the athletics page into compliance with the college’s new universal web design, but more importantly, it bring the quality of the page up to the stature of our competitors,” said Barry Maloney, Westfield State’s vice-president for advancement and college relations. “By making the page more interactive, we can connect better with current students and prospective students, and have another site that keeps alumni associated with the college.”

Maloney and Lenfest both believe the athletics Web site is an investment that will soon pay for itself. The site continually updates information, creating repeated contacts with alumni, parents and fans that might otherwise require a direct mail or email marketing campaign. And www.westfieldstateowls.com can be used in conjunction to promote alumni events.

“We anticipate the site will rejuvenate and expand our fan base and give us new opportunities for merchandising and alumni outreach,” noted Lenfest.

Web site visitors can view photos of their favorite players, participate in interactive polls, subscribe to a weekly newsletter, and receive daily results and statistics. Scheduling information, including community-related events in the Woodward Center, is just a mouse click away.

www.westfieldstateowls.com

Wolski named conference field hockey player of the year

Nov. 2005

Twenty Westfield State athletes representing six falls sports were named to the Massachusetts State College Athletics Conference (MASCAC) all-conference teams.

Westfield State's championship field hockey team had six all-conference selections, led by Conference Player of the Year Megan Wolski. There was no sophomore slump for the talented forward from Plymouth, Mass., who led the conference in scoring with 50 points (19 goals, 12 assists).

Wolski set a school record with her 12 assists and was four points shy of the school record for points in a season. She helped lead the Owls to their fifth MASCAC crown in the past seven years, along with their highest finish ever (second place) in the Little East Conference tournament.

Wolski was one of five Owls selected to the all-conference first team. Midfielder Kate Anderson (Georgetown), who was conference Player of the Year as a sophomore in 2004, earned all-conference honors for the third straight year. Anderson was the team's third leading scorer in 2005 with four goals and eight assists. She has 20 career assists, two shy of the school record.

Senior midfielder Ashley Brogan (Spencer) was an all-conference first-team pick for the third straight year. Sophomore defensive standout Jacqui Turner (Boxboro) and talented junior forward Shanna Litterst (Falmouth) were the other first-team honorees. Litterst was the team's second leading scorer with 39 points (15 goals, 9 assists).

Ali Rheame (Blackstone) - Westfield's lone second-team field hockey selection - also was named the MASCAC Rookie of the Year. Rheame - a defender and the only freshman named to the all-confer-



Megan Wolski

continued on next page

ence teams – had five defensive saves.

Three field hockey players also were all-conference in the Little East Conference. Wolski was the only sophomore in the 12-team conference who earned first-team honors, while Litterst and Anderson were second team picks.

In women's cross country, MASCAC champion Westfield had five all-conference performers based on their top 10 finishes in the conference meet.

Freshman Marianne Mealey (Foxboro) accomplished a rare double as she was the conference individual champion and Rookie of the Year. Senior Heather Wenninger (Chicopee) placed second to earn all-conference honors for the fourth straight year.

Freshman Kristin Hassig (Winsted, CT, 4th place), senior Sheila Mulherin (Norton, 5th), and senior Marissa Blume (Westwood, 8th) also earned all conference certificates.

In men's cross country, sophomore John Messer (Westfield) finished fifth and sophomore Chris Cuff (South Dennis) was eighth.

Two Westfield State volleyball players achieved all-conference accolades. Senior outside hitter Lindsay Dalene (East Hartland, CT) was named first-team all-conference for the second straight year. Junior setter Elissa Genereux (Belchertown) – a transfer from Johnson & Wales – was a second-team selection and the conference Rookie of the Year in her first season of intercollegiate sports.

Five Westfield State soccer players were all-conference. Junior midfielder Dave Nalewanski (Easthampton) was a first-team selection. Second team honorees were: senior goalie Matt Costa (Chicopee), junior back Matt Ross (Wareham), sophomore back Alisha Long (Weymouth), and junior forward Kate McMillan (Belchertown), who was second-team all-conference for the third consecutive year.

Nov. 2005

**Mass. State
Conference
Smith Cup Standings**

(Following Fall Sports)

Place	College	Points
1.	Bridgewater	18
2.	Worcester State	17
3.	WESTFIELD	11
3.	Fitchburg State	11
5.	Salem State	8
6.	Framingham State	4
7.	Mass. Maritime	3
8.	Mass. College	0

Jurkowski Powers Owls Past Elms, 85-76

WESTFIELD—Senior forward Mike Jurkowski (Belchertown) posted game highs of 28 points, 14 rebounds, four assists and three steals to power Westfield State to an exciting 85-76 victory over Elms College.

The Owls improved to 2-1 while Elms dropped to 1-2.

The game was tied 14 times and there were 10 lead changes before Jurkowski took control in the final seven minutes with his scoring and passing prowess.

With Westfield trailing 60-55

with 7:35 remaining, the 6-4 power forward scored nine straight points over a two-minute span to give the Owls a 66-64 lead with 5:28 remaining.

Jurkowski gave Westfield the lead for good, 72-70, on a jumper at the 3:36 mark. The Owls then scored six straight points for a 78-70 lead with 1:31 remaining.

Jurkowski was 12 for 17 from the field but only made 4 of 10 free throws.

Junior forward Curtis Gadles — a transfer from Mt. Ida — scored

17 for Westfield and junior guard Gavin Illangakoon (Ellington, CT) added 11 points and four assists. Senior forward James Ogbunize (Springfield Sci-Tech) had a solid game with eight points, 10 rebounds and two blocks.

David Williams led Elms with 16 points followed by Justin Davis with 15. Lonnie Branyon posted a double-double with 11 points and 10 rebounds.

The Owls only made 15 of 30 free throws; however, Elms was just 3 for 8 from the foul line.



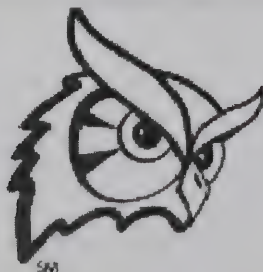
Westfield State senior forward James Ogbunize blocks a shot during the Elms College game at the Woodward Center. The Owls lost at perennial power Williams College last Tuesday, 89-72

Westfield State Basketball Home Openers

Tuesday, November 22

Women vs. Trinity, 5:30

Men vs. Elms, 7:30



Dec.
2005

1572

PSU squads stunned in LEC action

Field hockey, volleyball
teams fall in semifinals

From Staff Reports

PLYMOUTH — Sophomore Megan Wolski (Plymouth, Mass.) registered a goal and two assists Friday afternoon to lead fourth-seeded Westfield State College to a 3-1 upset victory over top-seeded Plymouth State University in the semifinals of the Little East Conference Field Hockey Tournament at PSU's Arold Field.



Westfield State moves on to Saturday's championship game, where they will face second-seeded Keene State. KSC edged sixth-seeded UMass Dartmouth in Friday's second semifinal. WSC, now 10-8, will be making its first appearance in the LEC title game.

Senior goalkeeper Cat Hanks (Somers, Conn.) was also a key for Westfield State. She made 16 saves, including 11 in the first half when PSU outshot the visitors, 12-6.

Freshman Kara Guittarr (Dedham, Mass.) put the Owls on the board first, nicely redirecting a diagonal pass from Wolski less than six minutes into the game. PSU put pressure on the Westfield State goal for much of the half but could not get one past Hanks.

Junior Amanda Spadafora (Saratoga Springs, N.Y.) evened the game for Plymouth State 10 minutes into the second half, knocking in a crossing pass from senior Lilly Silva (Lowell, Mass.)

The momentum PSU got from Spadafora's goal was stopped just three minutes later when Wolski, the LEC's leading scorer, gave the Owls the lead back. Junior Kate Anderson (Georgetown, Mass.) took a free hit from the right sideline, and Wolski one-timed the ball out of midair and into the net for her 19th goal of the season.

With PSU pressing late in the half, Westfield countered with a fast break, as sophomore Carolyn Insigne (Lindenhurst, N.Y.) finished off the play and Wolski picked up an assist with 12:43 remaining.

Wolski set a WSC school record for a assists in a season with 12. Her 50 points this season (19 goals, 12 assists) is four points shy of the school record for points in a season.

PSU had a 19-11 shot advantage for the game, while Westfield State had more penalty corners, 8-7. PSU sophomore

PSU, PAGE B2

CITIZEN

LACONIA, NH
SATURDAY 8,865
NOV 5 2005



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PSU

From Page B1

goalie Leah Curtin (London-derry, N.H.) finished with eight saves.

Plymouth State, which has made either the NCAA or ECAC Tournament the past five seasons, hopes for an ECAC berth when the tournament field is announced Monday.

PSU volleyball upset in LEC semifinal

WILLIMANTIC, Conn. — Defending champion and second-seeded Plymouth State University was knocked out of the Little East Conference women's volleyball tournament Friday evening, dropping a dramatic 3-2 decision to Keene State College in a semifinal match at Eastern Connecticut State University's Geisler Gymnasium.

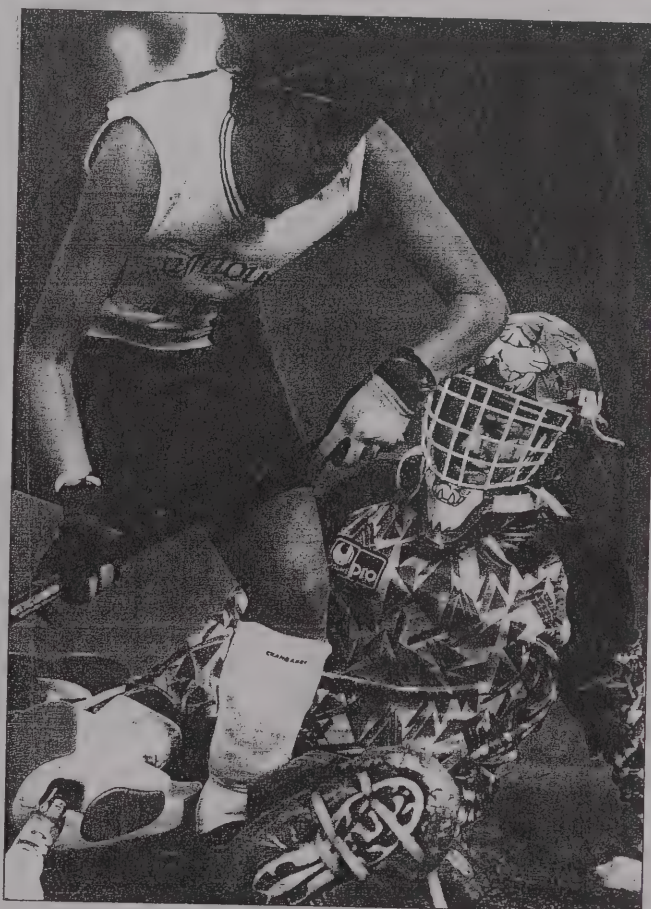
The third-seeded Owls, who lost to Plymouth State by the same score during the regular season back in mid-September, will play in the championship match for the first time since joining the LEC in 1997. One win shy of tying the program record for wins, Keene State (17-11) will face the winner of the match between top-seeded Eastern

Conn. and fourth-seeded Rhode Island College.

The Owls had to overcome a two-game deficit to pull out the win. After dropping the first two games, 30-24 and 30-27, KSC was down 19-8 in the third game before rallying for the victory. The Owls came back to win game three 30-27. Gaining confidence as the match continued, KSC won the fourth game, 30-18, and the deciding fifth game, 15-11.

Seniors Becky Ciulla (Chelmsford, Mass.) and Kelly Landry (Nashua, N.H.) led the Panthers with 16 kills apiece, while classmate Stacy Therrien (Rochester, N.H.) added nine kills and sophomore Kirsten Willoughby (Plymouth, N.H.) chipped in with eight. Ciulla led the defense with 32 digs and five blocks, while Landry added 24 digs. Senior setter Amanda Bagwell (Riverside, R.I.) finished with 51 assists.

Plymouth State, which has shared the LEC regular-season title the past two years and who won last year's championship with a semifinal win over Western Connecticut and a championship victory over Eastern Connecticut, drops to 22-16 overall. PSU is hoping for its fourth straight post-season berth when the ECAC Tournament field is announced on Monday.



Kevin Sperl/Staff Photo

PLYMOUTH STATE CAPTAIN LILLY SILVA gets tied up with Westfield State goalie Cat Hanks during the Little East Conference semifinal game at Plymouth State Friday.

Finals frenzy

KSC teams seek LEC tourney trifecta

By SENTINEL STAFF

Owl fever will sweep through the region today, as three Keene State College athletic teams — women's soccer, field hockey and volleyball — will vie for conference crowns on the road.

Each picked up dramatic Little East tournament semifinal victories Friday.

"Keene State has gone where it has never gone before," volleyball Coach Bob Weiner said after a stunning 3-2 upset win over defending champion and No. 2 seed Plymouth State.

The Owls came back from a 2-0 deficit, winning 24-30, 27-30, 30-27, 30-18, 15-11. One win shy of the program record at 17-11, the third-seeded Owls will play No. 1 Eastern Connecticut in



Little East Conference Tournaments

FRIDAY Semifinals

Women's Soccer	Volleyball	Field Hockey
At Willimantic, Conn. Keene St. 2 Western Conn. 1 (OT)	At Willimantic, Conn. Keene St. 3 Plymouth St. 2	At Plymouth Keene St. 1 UM-Dartmouth 0 (OT)

College tournament results and schedules, Page 10.

Willimantic, Conn., today at noon.
"Hopefully we can take that final step," Weiner said.

Senior Shelly Ellis led the Owls with 19 kills, 18 digs and three blocks. Freshman Brittany O'Bryant finished

with 16 kills, 21 digs and three blocks, while sophomore Kelly Yankowski added 11 kills.

The KSC women's soccer team will look to defend its crown against host Eastern Connecticut in Willimantic,

Conn., today at noon. It's the seventh straight trip to the league final for the third-seeded Owls, who beat No. 4 Western Connecticut 2-1 in overtime Friday.
Freshman Kathleen Keniston scored the game-winner 6:34 into overtime.

"The goalie came out and I was able to slide the ball by her," Keniston said of her third goal of the season.

Sarah Miller scored the first Owl goals. KSC goalie Sarah Campbell notched three saves for the Owls (11-5-3), who have won five straight.

The second-seeded KSC field hockey team also notched its fifth straight win on Friday, a 1-0 overtime victory over No. 6 UMass-Dartmouth in Plymouth.

See OWLS on Page 10

Owls reach three finals

(Continued from Page 9)

The defending champion Owls will play No. 4 Westfield State today in Plymouth at noon.

"We will play with the same intensity, we should be able to beat them," said junior Steph Georgevits, who notched the game-winner with 48 seconds left in overtime Friday.

KSC goalie Sara Joyce recorded eight saves for her sixth shutout of the season.

The Owls (13-8) outshot the Corsairs 19-9, including a 5-0 edge in the extra session.

KEENE SENTINEL

KEENE, NH
SATURDAY 13,998
NOV 5 2005



New England Newsclipp
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21 DE

DAILY HAMPSHIRE GAZETTE

NORTHAMPTON, MA
TUESDAY 18,570
NOV 8 2005



New England Newsclip
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LOCAL ROUNDUP

Prep schools *Wildcats* Field hockey

Williston 3, Ethel Walker
0 — The Wildcats improved to 9-4 on the road as Molly Osborn of Sunderland scored two goals and added an assist Monday.

Emma Ram of Conway added an assist while Shawna Chambers (goal) and Kristen Dirmaier (assist) chipped in.

Hillary Irvine made two saves in the win.

Colleges

Women's soccer

Kristen Hayward of South Hadley, a junior midfielder for Fitchburg State College, was named to the All-Massachusetts State College Athletic Conference First Team. Hayward was named second team last season. Kate McMillan of Belchertown, a junior forward for Westfield State, was named to the second team for a third time.

Men's soccer

Dave Nalewanski of Easthampton, a junior midfielder for Westfield State College, was named to the All-MASCAC First Team for the second straight season.

Women's volleyball

Elissa Genereux of Belchertown, a junior setter for Westfield State College, received rookie of the year honors and was named to the All-MASCAC Second Team.

SUNDAY SENTINEL

KEENE, NH
SUNDAY 13,337
NOV 6 2005



New England Newspapers
AGENCY INC.

210

Owls win in field hockey

By SENTINEL STAFF

Westfield
PLYMOUTH — Keene State captured its third Little East field hockey championship Saturday, emerging from a scoreless game with a 4-1 penalty strokes victory over Westfield State.

The Owls, who won LEC titles in 1999 and 2004, earned a spot in the NCAA Division III tournament starting Wednesday.

KSC (14-8) controlled much of the action, outshooting Westfield State 12-2 in the opening half and 31-10 for the game. Still, neither team could break through after 100 minutes of play in regulation and in overtime.

Katie Pokrywka and Steph Georgevits had quality chances during regulation play for KSC, the top seed, but couldn't convert. KSC also held a 17-6 advantage in penalty corners.

The Owls got penalty stroke goals from junior Amanda Rosenbeck, freshman Alyssa Rowell, junior Jess Mirisola and senior Rachel Ladd.

Megan Wolski scored the only penalty stroke for Westfield State.

Sara Joyce worked in goal for KSC, recording her sixth shutout of the season. She posted six saves.

Westfield State (10-9), the No. 4 seed, got 28 saves in the final from senior Cat Hanks. She had 16 Friday in a 3-1 semifinal win over top seed Plymouth State. Hanks was named tournament MVP. Westfield State hopes to receive a bid to the ECAC tournament.

WSC Owls upended

WESTFIELD — Curry College concluded the regular season by outlasting Westfield State, 31-21, in a New England Football Conference (NEFC) non-divisional game on Saturday.

Curry — a perfect 6-0 in the NEFC Boyd Division — improved to 8-2 overall and will host Fitchburg State in next week's NEFC championship game. Westfield finished with a 4-5 record for its first losing season in five years.

Five players cracked the scoring column for the Colonels, who amassed 350 yards in total offense and took advantage of three Owl turnovers and a blocked punt.

Curry led 3-0 after the first quarter on a 35-yard field goal by David Vincent. The Colonels' first touchdown — a 1-yard run by Jarrod Jordan — was set up when Curry's Lamarr Monterio blocked a punt that was recovered by teammate Kris Kamborian at the Westfield 1.

Curry took a 17-0 lead midway through the second quarter on a 3-yard run by Brandon Benoit that capped an 8-play, 95-yard drive.

Westfield scored with 1:01 remaining in the first half on a one-

See OWLS Page 10

OWLS

yard run by fullback Mark Puchalski. The TD was set up by a 46-yard pass from the Quincy connection of quarterback Mike Lorenzano to B.J. Holleran.

The Owls closed to within 3 points, 17-14, early in the third quarter when Westfield's Matt Pawlishen blocked a Curry punt and Dave DeMango returned it 10 yards for a touchdown.

Curry took control again, however, as it converted a Westfield interception and fumble into two touchdown passes — a 10-yard TD reception by Felix Borukhov and a 1-yard catch by Steve DiFabio that capped a 3-play, 3-yard drive. The Colonels led 31-14 with 1:29 left in the third quarter.

Westfield closed out the scoring on a school record 90-yard touchdown pass play from Lorenzano to Holleran. It was the second straight week that Holleran set a school record; last week the senior receiver had 14 catches.

Holleran finished with 7 catches for 164 yards while Lorenzano completed 11 of 23 passes for 194

yards. Curry junior quarterback Kevin Holleran — B.J. Holleran's younger brother — completed 13 of 25 passes for 108 yards and two scores. Benoit led all ball carriers with 91 yards on 18 carries.

Westfield senior standout line-backer Jim Fennelly was the game's leading tackler with 14 stops, including 11 solos. He finished the Owls' nine-game season with 102 tackles.

OWLS BOW OUT: PLYMOUTH, N.H. — Second-seeded Keene State College claimed the 2005 Little East Conference field hockey championship Saturday afternoon, defeating fourth-seeded Westfield State College on penalty strokes after the two teams battled scoreless through 70 minutes of regulation and 30 minutes of overtime at PSU's Arold Field. KSC connected four times on penalty strokes to defeat Westfield State, which converted only one. Keene State earned its third LEC championship, following the ones it won in 1999 and 2004. Keene

Continued from Page 8

State, now 14-8, advances to the NCAA Division III championship tournament, while Westfield State, 10-9, hopes for a spot in the ECAC Tournament.

Westfield State senior goalkeeper Cat Hanks (Somers, Conn.) was selected the tournament's Most Outstanding Player despite her team's loss. Hanks was superb in Westfield's 3-1 semifinal victory over top-seeded Plymouth State, when she made 16 saves, and even stronger in the title game Saturday, making 28 saves.

Keene State controlled much of the play throughout the game as it outshot Westfield State 12-2 in the first half and 31-10 for the game. KSC also held a 17-6 advantage in penalty corners on the afternoon. KSC's Katie Pokrywka (Roxbury, Mass.) and Steph Georgevits (Concord, N.H.) had quality chances throughout the game, but couldn't put one past Hanks.

KSC scored on penalty strokes by junior Amanda Rosenbeck (Wildier, Vt.), freshman Alyssa Rowell (Queensbury, N.Y.), junior Jess Mirisola (Tewksbury, Mass.), and senior Rachel Ladd (Bridgewater, Mass.). The lone WSC penalty stroke goal was scored by sophomore Megan Wolski (Plymouth, Mass.).

Keene State goalie Sara Joyce (Hampstead, N.H.) recorded her sixth shutout of the season as she registered six saves in the win.

WESTFIELD EVENING NEWS

WESTFIELD, MA
MONDAY 5,000
NOV 7 2005



New England Newsclips
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November 9, 2005

11

Wellesley spears competition at relay invitational

By BRINDEY WEBER '06
Sports Editor

The Blue dominated on Saturday at the Betty Spears relays, placing first among five teams. The meet, held at Wellesley's Keohane Sports Complex, was unofficial, but a good start to the season for all teams involved. For Wellesley and most of the other schools, the relays were the first racing experience of the season, since the majority of practice time is devoted to lap swimming that focuses on endurance and technique more than sprinting for the competitive edge. Christine Nichols '08 said, "It [was] a good way to get in the water and get used to sprinting again as opposed to long distance practice."

Wellesley's team came in first place in

12 out of 13 swimming events, earning 265 points, 164 points in front of second place finishers Smith College, who managed to beat Wellesley only in the 1500 yard freestyle relay. *Wellesley!* State College came in third place with 88 points, Babson College came in fourth place with 78 points, and Plymouth State came in last with 74 points. "We don't swim [against] most of these people during the season," said freestyle sprinter Nina Johnson '07, "It is friendly competition. There have been some relays where we have had to step it up to win, but mainly our competition has been ourselves and our team."

Wellesley's team was very pleased with its success. At one point during the meet, Becky Hanna '08 exclaimed, "I think we have won every one so far. We

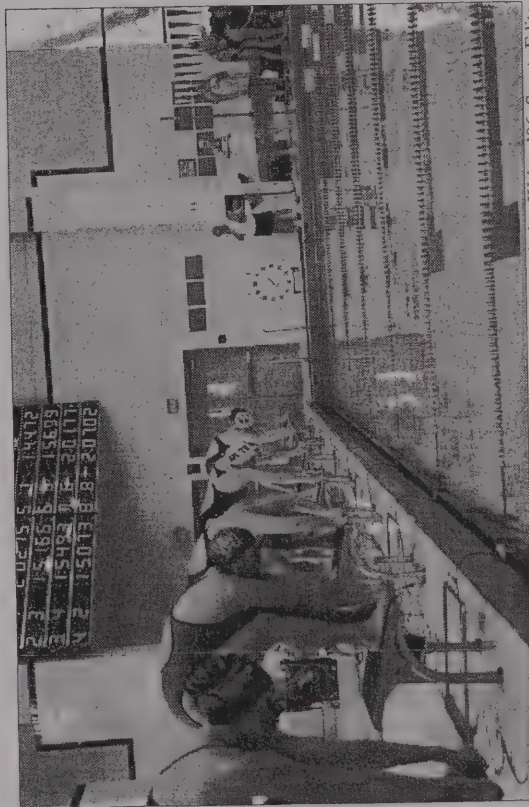


Photo by Brindey Weber '06, Sports Editor
The 1500 yard long distance swim relay, pictured above, was Smith's only victory.

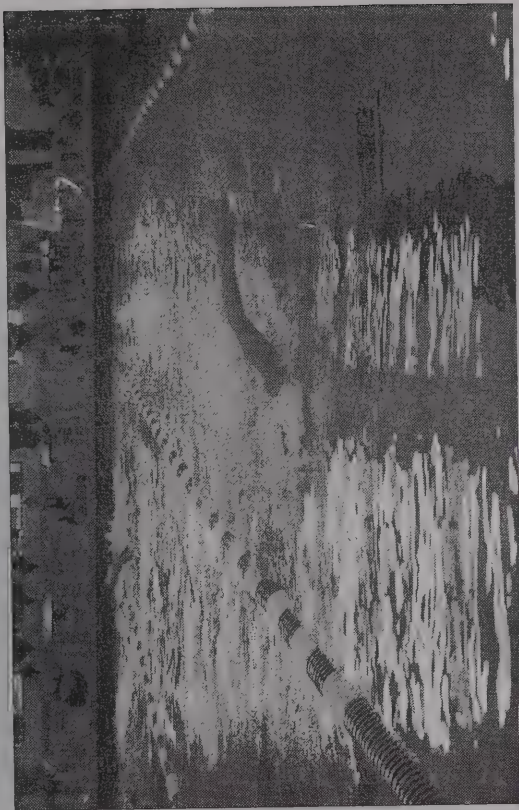


Photo by Brindey Weber '06, Sports Editor
Wellesley won 12 out of 13 events, including the 800 yard freestyle relay, pictured above. The team used the meet to prepare for the upcoming season.

are dominating." Wellesley continued to win in every event except diving, where the team did well, placing second and fifth in the one-meter diving and taking fourth place in the three-meter diving event.

Besides preparing the team for the upcoming meets, the Spears Invitational allowed Blue swimmers to try out events in which they normally do not participate. By exploring the different talents of the team, each individual swimmer was able to try racing different strokes to broaden her capabilities without the fear of failing and letting down the team. Nichols said that one of the reasons for the mixed roster was "to compare our times to see what-
ever [Head Coach Bonnie Dix] can put us

in later in the season." Luckily, with a lot of the swimmers racing different events than they are used to, the Blue kept up with the other schools. Johnson said, "This year Bonnie is putting us in different things and we are still winning."

Amid the "friendly competition," the Blue pinpointed strengths and weaknesses to work on in practice, but also psyched themselves up for their upcoming meets. Claire said, "It is a fun and relaxed way to start the season," and Kate Gurvey added, "It builds confidence."

The Blue is obviously ready to start the season after this powerful show of speed and teamwork, and will be starting their regular season this Saturday, again against Plymouth State College.

WESTFIELD EVENING NEWS

WESTFIELD, MA
FRIDAY 5,900
NOV 11 2005



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MASCAC all-conference teams named

WESTFIELD — Twenty Westfield State athletes representing six falls sports were named to the Mass. State College Athletics Conference (MASCAC) all-conference teams.

Westfield State's championship field hockey team had six all-conference selections, led by Conference Player of the Year Megan Wolski. There was no sophomore slump for the talented forward from Plymouth, Mass., who led the conference in scoring with 50 points (19 goals, 12 assists).



WOLSKI

Wolski set a school record with her 12 assists and was four points shy of the school record for points in a season. She helped lead the Owls to their fifth MASCAC crown in the past seven years, along with their highest finish ever (second place) in the Little East Conference tournament.

Wolski was one of five Owls selected to the all-conference first team. Midfielder Kate Anderson (Georgetown), who was conference Player of the Year as a sophomore in 2004, earned all-conference honors for the third straight year. Anderson was the team's third leading scorer in 2005 with four goals and eight assists. She has 20 career assists, two shy of the school record.

Senior midfielder Ashley Brogan (Spencer) was an all-conference first-team pick for the third straight year. Sophomore defensive standout Jacqui Turner (Boxboro) and talented junior forward Shanna Litterst (Falmouth) were the other first-team honorees. Litterst was the team's second leading scorer with 39 points (15 goals, 9 assists).

Ali Rheaume (Blackstone) - Westfield's lone second-team field hockey selection - also was named

See OWLS, Page 11

OWLS

Continued from Page 9

the MASCAC Rookie of the Year. Rheaume - a defender and the only freshman named to the all-conference teams - had five defensive saves.

Three field hockey players also were all-conference in the Little East Conference. Wolski was the only sophomore in the 12-team conference who earned first-team honors, while Litterst and Anderson were second team picks.

In women's cross country, MASCAC champion Westfield had five all-conference performers based on their top 10 finishes in the conference meet.

Freshman Marianne Mealey

(Foxboro) accomplished a rare double as she was the conference individual champion and Rookie of the Year. Senior Heather Wenninger (Chicopee) placed second to earn all-conference honors for the fourth straight year.

Freshman Kristin Hassig (Winsted, CT, 4th place), senior Sheila Mulherin (Norton, 5th), and senior Marissa Blume (Westwood, 8th) also earned all conference certificates.

In men's cross country, sophomore John Messer (Westfield) finished fifth and sophomore Chris Cuff (South Dennis) was eighth.

Two Westfield State volleyball

players achieved all-conference accolades. Senior outside hitter Lindsay Dalene (East Hartland, CT) was named first-team all-conference for the second straight year. Junior setter Elissa Genereux (Belchertown) - a transfer from Johnson & Wales - was a second-team selection and the conference Rookie of the Year in her first season of intercollegiate sports.

Five Westfield State soccer players were all-conference. Junior midfielder Dave Nalewanski (Easthampton) was a first-team selection. Second team honorees were: senior goalie Matt Costa (Chicopee), junior back

Matt Ross (Wareham), sophomore back Alisha Long (Weymouth), and junior forward Kate McMillan (Belchertown), who was second-team all-conference for the third consecutive year.

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 91,713
NOV 16 2005

ON CAMPUS: Westfield State women's soccer forward Kate McMillan of Belchertown was selected to the All-Massachusetts State College Athletic Conference second team. In volleyball, Elissa Genereux, another Westfield State athlete from Belchertown, was also an All-MASCAC second-teamer ... UMass senior back Jaime Bawden was chosen this week to the National Field Hockey Coaches Association first team. She finished her career with 17 goals and five assists for 39 points ... UMass freshman hockey goaltender Jon Quick was named Hockey East defensive player of the week after totaling 68 saves in back-to-back starts last weekend with a .958 save percentage.

DAILY HAMPSHIRE GAZETTE

NORTHAMPTON, MA
THURSDAY 18, 576
NOV 17 2005



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COLLEGE ROUNDUP

Women's swimming & diving

Mount Holyoke 161, Westfield State 128 — The Lyons (3-0) won 11 of 16 events Wednesday in South Hadley.

First-year Lucy Polley broke the school and pool records in the 50-meter butterfly with a time of 30.69 seconds. She also won the 50-meter (33.73) and 100-meter backstroke (1:13.94), and was a member of the first-place 200-meter medley relay team (2:12.50) which also included Heather Superson, Virginia Taylor and Elisabeth Forsman.

Heather Thomson won the 400-meter (4:53.81) and 800-meter freestyle (10:07.29) and Taylor finished first in the 50-meter (38:07) and 100-meter breaststroke (1:23.79).

SATURDAY NEWS

WESTFIELD, MA

SATURDAY 5,000

NOV 19 2005



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Owls go on-line

WESTFIELD — The athletics program is a great source of pride at Westfield State College. The varsity teams have produced many championships and outstanding student-athletes, while the intramurals programs ranks as the best in the state college system.

To tout its accomplishments on the playing fields to a much larger audience, Westfield State recently launched its new athletics Web site.

www.westfieldstateowls.com. In just a few short weeks, the Web site has created "a buzz" for its sharp-looking graphics and photos, daily updates, and user friendliness.

WSC administrators, alumni, coaches, parents and even other colleges have given the Web site "two thumbs up." Most importantly, however, the Westfield State students are excited to have a first-class Web site, just as they are to be housed in the Woodward Center — their state-of-the-art academic/athletics building that opened a year ago.

"The new athletics Web site allows the college to more accurately represent our varsity sports teams, intramural programs, and to showcase our facilities," said first-year Westfield State athletics director Richard Lenfest. "The site also enables us to educate prospective student-athletes, while keeping in contact with alumni as we continue to grow and become an even stronger athletics department."

Athletics is one of the best ways to make a college more visible and marketable, even at the non-scholarship NCAA Division III level. You can't put a price on the publicity Westfield State received for its undefeated football team in 2001. Or last spring when Tessa Donoghue (Class of 2005) was named the NCAA Division III Female Track and Field Athlete of the Year.

The Westfield State administration expects the number of people visiting its new athletics Web site to at least double. And this should translate into more visits to the college's admissions department and alumni Web sites.

"From a marketing standpoint, it brings the athletics page into compliance with the college's new universal web design, but more importantly, it bring the quality of the page up to the stature of our competitors," said Barry Maloney, Westfield State's vice-president for advancement and college relations. "By making the page more interactive, we can connect better with current students and prospective students, and have another site that keeps alumni associated with the college."

WEEK IN REVIEW

Jurkowski powers Westfield State

WESTFIELD - Senior forward Mike Jurkowski (Belchertown) posted game highs of 28 points, 14 rebounds, four assists and three steals to power Westfield State to an exciting 85-76 victory over Elms College Nov. 22.

The Owls improved to 2-1 while Elms dropped to 1-2.

The game was tied 14 times and there

were 10 lead changes before Jurkowski took control in the final seven minutes with his scoring and passing prowess.

With Westfield trailing 60-55 with 7:35 remaining, the 6-4 power forward scored nine

straight points over a two-minute span to give the Owls a 66-64 lead with 5:28 remaining.

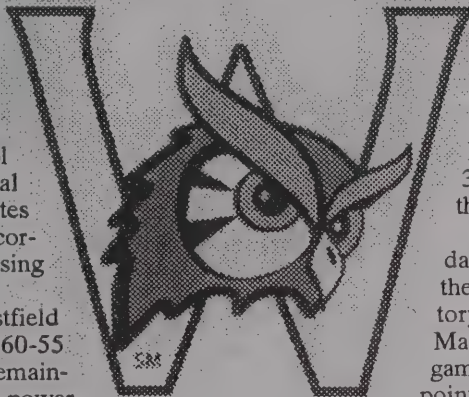
Jurkowski gave Westfield the lead for good, 72-70, on a jumper at the 3:36 mark. The Owls then scored six straight points for a 78-70 lead with 1:31 remaining.

Jurkowski was 12 for 17 from the field but only made 4 of 10 in free throws.

Junior forward Curtis Gadles — a transfer from Mt. Ida — scored 17 for Westfield and junior guard Gavin Illangakoon (Ellington, CT)

added 11 points and four assists. Senior forward James Ogbunize (Springfield Sci-Tech) had a solid game with eight points, 10 rebounds and two blocks.

David Williams led Elms with 16 points followed by Justin Davis with 15. Lonnie Branyon posted a double-double with 11 points and 10 rebounds.



The Owls only made 15 of 30 free throws; however, Elms was just 3 for 8 from the foul line.

Just a few days prior to their second victory, Jon Marstaller had game highs of 23 points and 11 rebounds to lead

Gordon College to a 70-58 victory over Westfield State in the championship game of the Gordon College Tip-off Tournament.

An 11-2 run in the final four minutes of the first half staked the host team to a 31-24 at the break. Gordon expanded its lead to as many as 15 points in the second half.

Gordon had a decided edge at the foul line, canning 21 of 24 free throws. Westfield was only 3-for-9

SATURDAY NEWS

WESTFIELD, MA
SATURDAY \$1,000
NOV 26 2005



New England Newsclip
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from the charity stripe. Marstaller was the only player in double figures for Gordon, which had three players score nine points apiece.

Senior forward Mike Jurkowski led Westfield with 22 points and 11 rebounds. James Ogbunize had 12 points and eight rebounds and Curtis Gadles finished with 12 points and six boards.

The Owls shot 39 percent from the field, including 3-for-13 from 3-point range.

WOMEN'S HOOPS

Trinity 63, Westfield State 51

WESTFIELD — Junior guard Sarah Cox poured in 27 points to pace Trinity College to a 63-51 victory over Westfield State in women's basketball action Nov. 22.

It was the first victory for 1-2 Trinity while Westfield is 2-1.

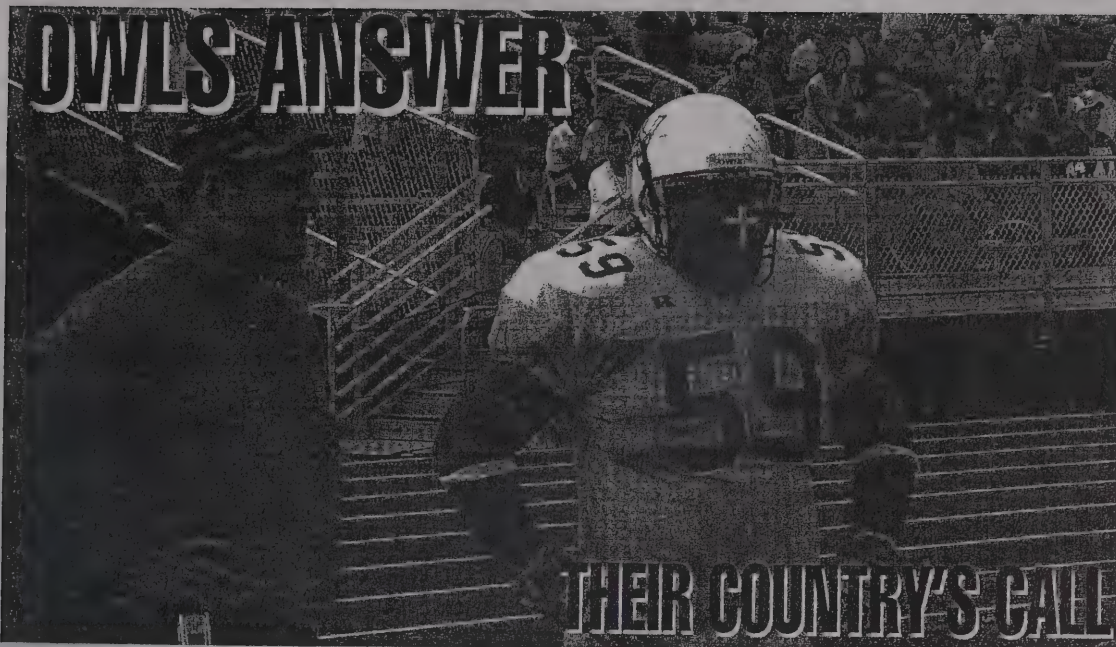
Cox scored 19 of her points in the first half to stake the Bantams to a 31-27 lead at the intermission. Westfield held a 23-18 lead with eight minutes remaining in the first half, but the Owls offense and defense had numerous breakdowns.

For the game, Westfield shot 37 percent from the field, including 3 of 15 from 3-point range, and committed 20 turnovers. Trinity shot 45 percent from the field and a sizzling 21-for-23 from the foul line.

Leigh Melanson scored 14 points for the winners and Mary Lennick added 12. Jasmine Johnson had a game-high 15 rebounds.

Senior guard Meghan McCarthy (Belchertown) was Westfield's only player in double figures with 12 points. Sophomore guard Betty Dely and freshman forward Andrea Wasuk scored nine points apiece.

PAGE ONE of TWO



Photography by Mickey Curtis, Westfield State SID

Casey Lawrence (left) and Stan Pa'u (right) are two of three Westfield State football players who have answered their country's call to military service.

By MATTHEW OSGOOD Sports Journal

For most college athletes, especially at the Division III level, the most difficult and arduous task to master is the art of balancing the demanding schedules of athletics and academics. At Westfield State College, three football stars are taking that notion and blowing it to smithereens.

While most opponents he'll face on the gridiron this season were drenched in sweat running stairs and cooling off by the pool this off-season, Stan Pa'u was participating in stealth missions outside Baghdad, serving in the U.S. military. Pa'u served his country in a variety of roles, from working on Humvees to joining a team that prevented chemical warfare.

Joining Pa'u on the frontline, as well as on goal-line stands, are teammates Ryan Togneri and Casey Lawrence. Pa'u and Lawrence, who have been on the same defensive line since high school, both serve in the Army, while Togneri is a member of the Marine Corps. Each considers his military ambition as a lifelong ideal.

"I pretty much grew up on the base in Fort Devens (in Groton), and I always have been around it,"

said Pa'u, whose father and brother both served in the Special Forces. "My dad wouldn't really tell stories, but I'd see pictures of him and his buddies, and that was something I wanted to be a part of."

For the trio, being part of the military means missing parts of their collegiate careers, which fortunately can be put on hold for such a significant task. While Pa'u spent time in Iraq, outside linebacker Togneri missed the second semester of his sophomore year when he went to boot camp at Parris Island, S.C. and then went to infantry school at Camp LeJeune, N.C. Lawrence just returned from missions in Guantanamo Bay, where he said his experience patrolling the bay and the prison was "good." Most recently, he helped the relief effort after Hurricane Katrina in New Orleans.

Togneri pointed out the intense differences between military and football training, while all three spoke of a bond of brotherhood shared by teammates and enlisted brethren.

"Football is definitely more physical and always is," said Togneri, a Turners Falls native. "But the military, especially Marine Corps, is a lot more mental. It's 24 hours a day, seven days a week. You get very little sleep at times. (It is) obviously not the best conditions, living

in the woods for 10 or 11 days, not showering. It gets to you mentally. It breaks you down, but it's not as physically demanding as football is. But football is two hours a day and you're done. It's a lot different."

Lawrence noticed more similarities: "Self discipline, a brotherhood, everyone looking out for the back of everybody. (Being in combat) makes you appreciate things a lot more, I enjoy my life a whole lot more now," he added.

Pa'u intends to make the military a career.

"You share a bond you'll never forget," he said. "I'll never forget the guys I served overseas with. Just like when this season is over, I will never forget the guys I played football with."

Lawrence and Pa'u are both Ayer residents, as well as roommates, who share an additional bond as family friends. In fact, they've promised each other that if one is to be called into active duty in Iraq, the other will transfer units to be alongside him.

"I'd rather have him next to me," said Pa'u. "Whoever gets called first, we're gonna swap units. I don't care how decorated someone else is, or if they've been in Iraq for 30 straight years, I'll trust (Lawrence) over anyone else."

Pa'u has already spent six

months in Iraq and spoke of the harsh realities of leaving the country to venture into a place where the final chapter is yet to be written. He admits nothing feels better than being safely at home and on campus.

"You don't see anyone walking around there with their hands in pockets (here)," he said. "You've got to expect everything. Something can happen every second without notice (in Iraq)."

Back on the gridiron, the three lead an Owls defense that led the New England Football Conference in total defense (225.1 yards allowed per game) and ranked near the top in almost every statistical defensive category in 2004. Both Pa'u and Togneri contribute greatly to that success, Lawrence said.

"Stan is a dominating lineman," he said. "He's one of the bigger guys (6-foot-2, 312 pounds) and an older guy who brings leadership. Ryan brings a lot of leadership, too. They know what they're talking about. They're confident. You can look at them and feel like you're going to win, like they're gonna get you a victory."

In their military lives, all three are still on active duty, and Togneri expects to be deployed to Iraq sometime towards the end of the current semester.



WESTFIELD STATE COLLEGE

Men's Basketball 2005 - 2006



Team Captains



**WESTFIELD STATE
ATHLETICS**

Woodward Center

WOODWARD CENTER





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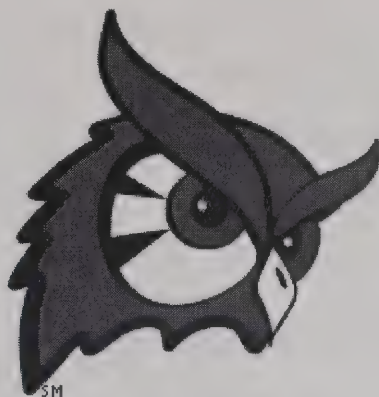
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WESTFIELD STATE
ATHLETICS

GO OWLS!!!



WESTFIELD STATE COLLEGE ATHLETICS

**MEN'S BASKETBALL
PROGRAM BOOKLET**

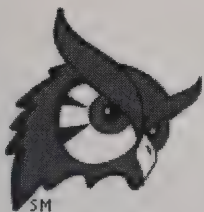
2005 – 2006 SEASON



Westfield State College
577 Western Avenue, Westfield, MA 01086, (413) 572-5405

2005 – 2006 Men's Basketball Schedule

Date		Opponent	Time
Friday	Nov. 18	<u>Gordon College Tournament</u> Westfield State vs. Southern Maine	6:00
		Gordon College vs. Framingham State	8:00
Saturday	Nov. 19	<u>Gordon College Tournament</u> Consolation Game	6:00
		Championship Game	8:00
Tuesday	Nov. 22	ELMS COLLEGE	7:30
Tuesday	Nov. 29	at Williams College	7:30
Friday	Dec. 2	<u>Pioneer Valley Classic @ WNEC</u> Springfield vs. Amherst	6:00
		Westfield vs. WNEC	8:00
Saturday	Dec. 3	<u>Pioneer Valley Classic @ WNEC</u> Westfield State vs. Amherst	2:00
		WNEC vs. Springfield	4:00
Monday	Dec. 5	at Mt. St. Vincent, NY	7:00
Thursday	Dec. 8	at Albertus Magnus	7:30
Sunday	Dec. 18	FISHER COLLEGE	1:00
Thursday	Dec. 29	<u>Staten Island Tournament, NY</u> Westfield vs. NYU	5:30
		Emmanuel vs. Staten Island	7:30
Friday	Dec. 30	<u>Staten Island Tournament, NY</u> Consolation Game	5:30
		Championship Game	7:30
Tuesday	Jan. 3	<u>Christopher Newport Tournament</u> Westfield vs. Eastern Connecticut	6:00
		Maine Presque Isle vs. Christopher Newport	8:00
Wednesday	Jan. 4	<u>Christopher Newport Tournament</u> Consolation Game	5:00
		Championship Game	7:30
Tuesday	Jan. 10	BRIDGEWATER STATE	7:30
Saturday	Jan. 14	at Worcester State	4:00
Tuesday	Jan. 17	SALEM STATE	7:30
Saturday	Jan. 21	at Fitchburg State	3:00
Thursday	Jan. 26	at Framingham State	7:30
Saturday	Jan. 28	MCLA	3:00
Tuesday	Jan. 31	at Bridgewater State	8:00
Saturday	Feb. 4	WORCESTER STATE	3:00
Tuesday	Feb. 7	at Salem State	8:00
Saturday	Feb. 11	FITCHBURG STATE	3:00
Thursday	Feb. 16	FRAMINGHAM STATE	7:30
Saturday	Feb. 18	at MCLA	4:00
Friday	Feb. 24	Mass State Conference Tournament Semifinals	
Saturday	Feb. 25	Mass State Conference Tournament Championship	



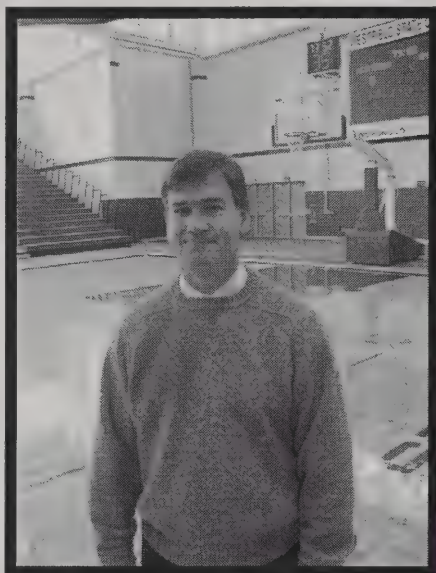
WESTFIELD STATE COLLEGE ATHLETICS

MEN'S BASKETBALL **2005 – 2006 Roster**

NO	NAME	CL	POSITION	HT	WT	HOMETOWN
31	Mike Jurkowski	SR	FORWARD	6-4	200	Belchertown, MA
15	James Ogbunize	SR	FORWARD	6-4	210	Staten Island, NY
21	Sam Gardner	JR	CENTER	6-6	205	Rehoboth, MA
10	Gavin Illangakoon	JR	GUARD	6-2	175	Ellington, CT
55	Christopher Fesko	JR	CENTER	6-4	225	South Hadley, MA
34	Curtis Gadles	JR	FORWARD	6-5	200	Pembroke, MA
24	Tony Collier	SO	GUARD	6-2	190	Colchester, VT
20	Andy Deffer	SO	GUARD	6-2	180	Beverly, MA
42	Matt Badjo	FR	CENTER	6-5	215	Worcester, MA
32	Dave Jaehnig	FR	GUARD	6-4	200	Quincy, MA
14	Matt Lynch	FR	GUARD	6-1	180	Braintree, MA
23	Kevin Knowles	FR	GUARD	5-10	170	Freetown, MA
30	Adam Morley	FR	FORWARD	6-3	225	Lakeville, MA
4	Chris Kinback	FR	GUARD	5-10	160	Shrewsbury, MA

MEET THE COACHING STAFF

HEAD COACH: RICH SUTTER



Eighth-year head coach Rich Sutter led the Owls to their third straight non-losing season in 2005. The Owls were 12-12, with the six losses to NCAA Tournament Teams.

The Owls were 13-11 in 2004, and in the previous season (2003), he guided the Owls to a school record of 13 straight victories and the No. 2 seed in the Mass. State Conference tournament. Sutter was selected the 2003 Conference coach of the year by his peers as he guided the Owls to their best record in nine years.

A New York native, Sutter has a wide range of coaching experiences, including a six-year stint as an assistant coach at Colgate University from

1991-1997. Colgate won three Patriot League Championships and appeared in two NCAA Tournaments during that span, and Sutter recruited All American Adonal Foyle, who now plays in the NBA.

Prior to coaching at Colgate, Sutter was an assistant coach at All Hallows High School in the Bronx, which produced standout Olden Polynice, and during the same two-year period worked as the physical education chairman at Holy Spirit High School. In 1998 he was the head coach at The Trinity School in New York City and guided the team to its first state tourney appearance.

In 1989, he served as an assistant for one season under Gary Brokaw at Iona College, and the previous year was at the U.S. Merchant Marine Academy, which made its first ever NCAA Division III Tournament appearance with a 25-2 record.

Sutter, 45, assisted Jack Curran, one of the top high school mentors in the nation, at Archbishop Molloy, NY High School from 1986-1988. During that stretch, Molloy's squad, which featured Kenny Anderson, won a city championship and was runner-up another year.

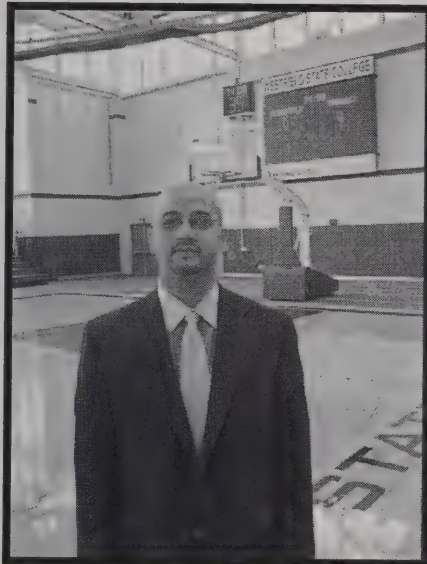
Prior to that position, he was head coach for two seasons at the Hackley School in Tarrytown, NY, where he produced back-to-back 15-win seasons, the first winning records at the school in nearly 20 years.

A 1984 graduate of St. Bonaventure University, Sutter earned a Bachelor's Degree in Political Science, and was a student assistant coach under Jim O'Brien. He was second team all-city and all CSHSAA selection as a scholastic player at Sacred Heart in Yonkers.

Rich resides in Westfield with his wife, Ally, and his daughter, Jordan Catherine Sutter.

MEET THE COACHING STAFF

ASSISTANT COACH: JUNIOR DELGADO



Fifth year assistant and Recruiting Coordinator, Junior Delgado returns to the sidelines to assist Rich Sutter in guiding the Owls back to prominence. The previous four years he has assisted the Owls program in four successful seasons. A Westfield native via Puerto Rico, Delgado has a wide range of coaching experiences. Prior to Westfield, Junior served as a Volunteer Assistant Recruiter for Elms College in Chicopee, MA. Elms College was in the second season of being a co-ed institution.

Prior to Elms College, Junior served as a Volunteer Assistant Coach and Recruiter at Springfield Technical Community College, Springfield, MA under James Hector, a Division II All American at American International College, Springfield, MA.

During 1997 – 1998, Junior served as the Varsity Girls Basketball Coach at Westfield Vocational Technical High School in the program's 3rd year of existence. Delgado is active with various basketball clinics as well as spending two summers with the SOY Basketball Clinic for inner city youth in the North End of Springfield, MA.

Junior resides in Westfield with his wife, Jennifer, four cats, and one rabbit.



GO OWLS!!!

MEET THE COACHING STAFF

ASSISTANT COACH: KRIS KACHELMAYER

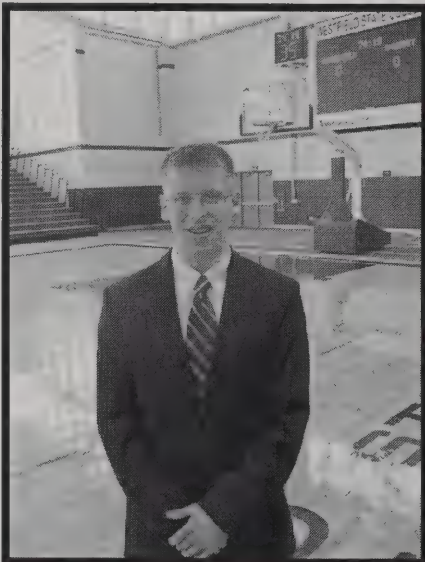


Kris is in his second year coaching at Westfield State. Prior to Westfield, he served as the JV coach at Greenfield High School.

Kris was a four – year varsity player for Westfield State, graduating in 2001. He scored 890 career points and received the athletics department's prestigious sportsmanship award in 2001.

Kris's Pioneer Valley Regional High School team won a Division 3 Massachusetts state title in his junior and senior year.

ASSISTANT COACH: ETHAN SLAVIN

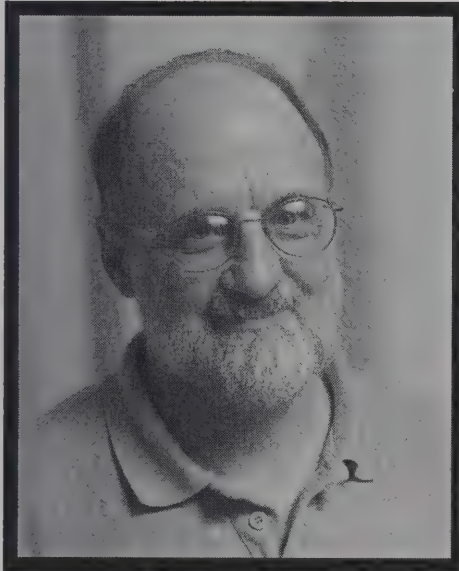


Ethan is in his second year coaching at Westfield State after enjoying a four-year varsity career here from 1999-2003. During his senior year, he was named to the MASCAC All-Conference team while helping the Owls to a school record 13-game winning streak. He holds the school record for free-throw percentage in a season (87%, 2002-2003) and led the MASCAC in three-point percentage in both his sophomore and junior seasons. He finished his career with 750 points, 222 assists, and 158 three-point field goals made, which is second all-time in Westfield State history. Slavin shared team most valuable player honors with teammate Phil Connors after his junior year and was also named Westfield State Male Scholar Athlete of the Year in his senior year. He was also the initial recipient of the Rick Martin Award.

Ethan has previous experience along the sidelines. As a senior in high school, Ethan was an assistant coach for the Westchester (NY) Panthers AAU team. He also worked for a number of years as a counselor at Teaches Basketball Camps throughout Westchester County.

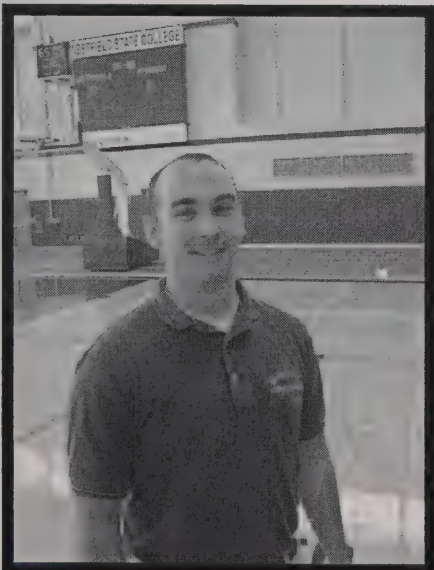
TRAINING STAFF

HEAD TRAINER: RICHARD PIERCE, ATC, LAT



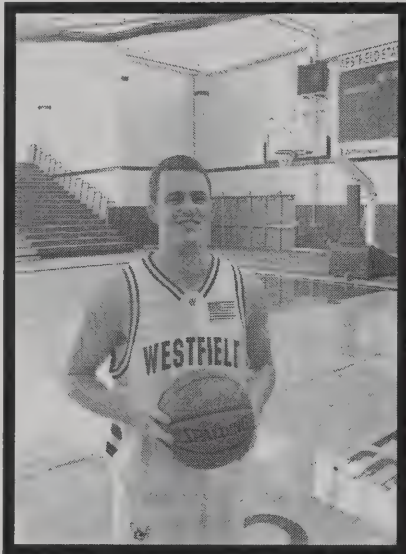
- Has been the Head Athletic Trainer at Westfield State College since 1977.
- Earned his Bachelor of Science degree from The American University in Washington, DC. in 1973 and worked there as AU's Athletic Trainer for 4 years following graduation.
- Served as the Secretary-Treasurer of the Eastern Athletic Trainers Association for 4 years.
- Served as the first secretary of The Athletic Trainers of Massachusetts (ATOM) and continued to serve as President and Newsletter Editor for ATOM for an additional 6 years.
- Received a Most Distinguished Athletic Trainer Award from the National Athletic Trainers Association in June, 2003

ASSISTANT TRAINER: MIKE CONROY, ATC



- First year at Westfield State as the Assistant Athletic Trainer.
- Originally from Brockport New York, just outside of Rochester, NY.
- Received Bachelors of Science Degree from the State University of New York at Cortland in 2003.
- Stayed on as a Graduate Assistant in the Athletic Training program for 2 years where he worked with a variety of teams and received his Masters Degree in Exercise Science and Sport Studies 2005.

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

Name: MICHAEL JURKOWSKI – (MJ)
High School: BELCHERTOWN HIGH
Major: CRIMINAL JUSTICE
Favorite College Team: WSC/UMASS AMHERST
Favorite Pro Team: BOSTON CELTICS
Favorite Food: CHICKEN PARMESAN
Favorite Singer/Group: O.A.R.
Favorite TV Show: "SAVED BY THE BELL"
Favorite NBA Player:
SHAWN "THE MATRIX" MARION
Favorite Book:
FIVE PEOPLE YOU MEET IN HEAVEN
Favorite Class:
THE WASHINGTON CENTER FOR INTERNSHIPS
Favorite Sports Movie:
"THE PISTOL"
My Picture on Magazine Cover:
FORBES/SPORTS ILLUSTRATED
BILL RUSSELL
MASCAC CHAMPIONSHIP



Person I'd Like to Meet:
One Goal for Season:

Name: JAMES OGBUNIZE – (ALLDAY)
High School: HS OF SCIENCE & TECHNOLOGY
Major: BUSINESS MANAGEMENT/FINANCE
Favorite College Team: MICHIGAN STATE
Favorite Pro Team: NEW YORK KNICKS
Favorite Food: CHINESE FOOD
Favorite Singer/Group: CAM'RON
Favorite TV Show: "MARTIN LAWRENCE"
Favorite NBA Player:
TRACY MCGRADY
Favorite Book:
NARRATIVE OF FREDERICK DOUGLAS
Favorite Class:
INVESTMENTS
Favorite Sports Movie:
"COACH CARTER"
My Picture on Magazine Cover:
SLAM MAGAZINE
BEYONCE KNOWLES
MASCAC CHAMPIONSHIP

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

Name: SAMUEL GARDNER – (SAMMY G)
High School: DIGHTON-REHOBOTH HIGH
Major: MOVEMENT SCIENCE
Favorite College Team: DUKE UNIVERSITY
Favorite Pro Team: BOSTON CELTICS
Favorite Food: MY MOM'S
Favorite Singer/Group: O.A.R.
Favorite TV Show: "FAMILY GUY"
Favorite NBA Player:
LARRY BIRD
Favorite Book:
BIBLE
Favorite Class:
GYM CLASS
Favorite Sports Movie:
"REMEMBER THE TITANS"
My Picture on Magazine Cover:
G. Q.
JIMI HENDRIX
MASCAC CHAMPIONSHIP



Person I'd Like to Meet:
One Goal for Season:

Name: GAVIN ILLANGAKOON – (G-MONEY)
High School: ELLINGTON HIGH/ AUSTRALIA
Major: ECONOMICS
Favorite College Team: UCONN
Favorite Pro Team: PHOENIX
Favorite Food: BROWNIES WITH MILK
Favorite Singer/Group: JACK JOHNSON
Favorite TV Show: "FAMILY GUY"
Favorite NBA Player:
STEVE NASH
Favorite Book:
LARRY BIRD DRIVE
Favorite Class:
LUNCH
Favorite Sports Movie:
"THE PISTOL"
My Picture on Magazine Cover:
SPORTS ILLUSTRATED: SWIMSUIT EDITION
LANCE ARMSTRONG/MICHAEL JORDAN
GREATEST TEAM IN WSC HISTORY

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

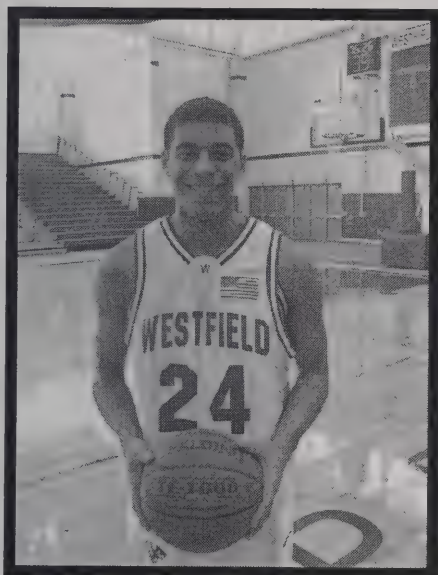
Name: CHRISTOPHER FESKO – (FESKO)
High School: GRANBY JR. SR. HIGH
Major: BUSINESS MANAGEMENT
Favorite College Team: DUKE
Favorite Pro Team: BOSTON CELTICS
Favorite Food: STEAK AND CHEESE
Favorite Singer/Group: OZZY
Favorite TV Show: "LOST"
Favorite NBA Player:
 SHAQUILLE O'NEAL
Favorite Book:
 NONE
Favorite Class:
 ACCOUNTING
Favorite Sports Movie:
 "BLUE CHIPS"
My Picture on Magazine Cover:
 ESPN THE MAGAZINE
 THE PRESIDENT
 PUT A BANNER IN THE GYM



Person I'd Like to Meet:
One Goal for Season:

Name: CURTIS GADLES
High School: CARDINAL SPELLMAN
Major: UNDECLARED
Favorite College Team: BOSTON COLLEGE
Favorite Pro Team: MIAMI HEAT
Favorite Food: CHICKEN PARMESAN & ZITI
Favorite Singer/Group: JAY-Z
Favorite TV Show: "KING OF QUEENS"
Favorite NBA Player:
 RICKY DAVIS
Favorite Book:
 YOUR NAME SHALL BE TANGA
Favorite Class:
 WEST AFRICAN WOMEN'S WRITINGS
Favorite Sports Movie:
 "BLUE CHIPS"
My Picture on Magazine Cover:
 SPORTS ILLUSTRATED
 BILL CLINTON
 NCAA TOURNAMENT

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

Name: ANTHONY COLLIER – (THE TIGER)
High School: HOMESCHOOLED
Major: BUSINESS MANAGEMENT
Favorite College Team: U OF VERMONT
Favorite Pro Team: LOS ANGELES LAKER
Favorite Food: VEGETARIAN CUISINE
Favorite Singer/Group: TRACY CHAPMAN
Favorite TV Show: "THE SHIELD"
Favorite NBA Player:
 RAY ALLEN
Favorite Book:
 THE GIVER
Favorite Class:
 PSYCHOLOGY
Favorite Sports Movie:
 "HE GOT GAME"
My Picture on Magazine Cover:
 FORBES
 GHANDI
 MASCAC CHAMPIONSHIP



Person I'd Like to Meet:
One Goal for Season:

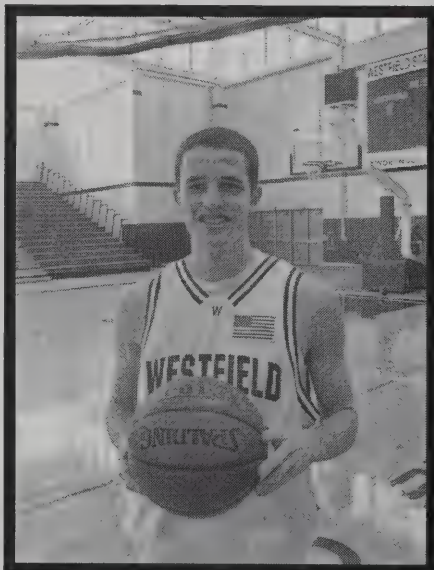
Name: ANDREW DEFFER – (DEFFSTAR)
High School: BEVERLY HIGH
Major: COMPUTER SCIENCE
Favorite College Team: WEST VIRGINIA
Favorite Pro Team: PHOENIX SUNS
Favorite Food: CHEESE RAVIOLI
Favorite Singer/Group: RADIOHEAD
Favorite TV Show: "SEINFELD/FAMILY GUY"
Favorite NBA Player:
 DELONTE WEST
Favorite Book:
 HITCHHIKERS GUIDE TO THE GALAXY
Favorite Class:
 BREAKFAST
Favorite Sports Movie:
 "REMEMBER THE TITANS"
My Picture on Magazine Cover:
 ESPN THE MAGAZINE
 STEVE NASH
 MASCAC CHAMPIONSHIP

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

Name: MATT BADJO – (BADGE)
High School: ST. JOHNS OF SHREWSBURY
Major: CRIMINAL JUSTICE
Favorite College Team: NOTRE DAME
Favorite Pro Team: BOSTON CELTICS
Favorite Food: STEAK AND CHEESE
Favorite Singer/Group: THE GAME
Favorite TV Show: "SEINFELD"
Favorite NBA Player:
TIM DUNCAN
Favorite Book:
THE GIVER
Favorite Class:
HISTORY
Favorite Sports Movie:
"ROCKY IV"
My Picture on Magazine Cover:
SPORTS ILLUSTRATED
RODNEY MORRISON
MASCAC CHAMPIONSHIP



Person I'd Like to Meet:
One Goal for Season:

Name: DAVE JAEHNIG – (JAH)
High School: BOSTON COLLEGE HIGH
Major: BUSINESS MANAGEMENT
Favorite College Team: U OF OREGON
Favorite Pro Team: MIAMI HEAT
Favorite Food: CHICKEN PARMESAN
Favorite Singer/Group: NAT. BENINGFIELD
Favorite TV Show: "PRISON BREAK"
Favorite NBA Player:
SALIM STOUDEMIRE
Favorite Book:
THE OUTSIDERS
Favorite Class:
SOFTWARE APPLICATIONS
Favorite Sports Movie:
"A LEAGUE OF THEIR OWN"
My Picture on Magazine Cover:
SPORTS ILLUSTRATED FOR KIDS
LAGUNA BEACH
MASCAC CHAMPIONSHIP

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

Name: MATT LYNCH – (LYNCHIE)
High School: BRAINTREE HIGH
Major: BUSINESS MANAGEMENT
Favorite College Team: BOSTON COLLEGE
Favorite Pro Team: BOSTON CELTICS
Favorite Food: CHICKEN
Favorite Singer/Group: BOYS 2 MEN
Favorite TV Show: "SEINFELD"
Favorite NBA Player:
SHAQUILLE O'NEAL
Favorite Book:
CURIOUS GEORGE GOES TO THE MOON
Favorite Class:
ENGLISH
Favorite Sports Movie:
"MIGHTY DUCKS"
My Picture on Magazine Cover:
SEVENTEEN
CHUCK NORRIS
MASCAC CHAMPIONSHIP



Person I'd Like to Meet:
One Goal for Season:

Name: KEVIN KNOWLES
High School: APPONOQUET REGIONAL HIGH
Major: BUSINESS MANAGEMENT
Favorite College Team: DUKE UNIVERSITY
Favorite Pro Team: BOSTON CELTICS
Favorite Food: GRILLED CHEESE
Favorite Singer/Group: 3 DOORS DOWN
Favorite TV Show: "TWO AND A HALF MEN"
Favorite NBA Player:
DWAYNE WADE
Favorite Book:
NONE
Favorite Class:
SOCIOLOGY
Favorite Sports Movie:
"MAJOR LEAGUE"
My Picture on Magazine Cover:
SPORTS ILLUSTRATED
SHAQUILLE O'NEAL
NCAA TOURNAMENT

MEET THE OWLS



Person I'd Like to Meet:
One Goal for Season:

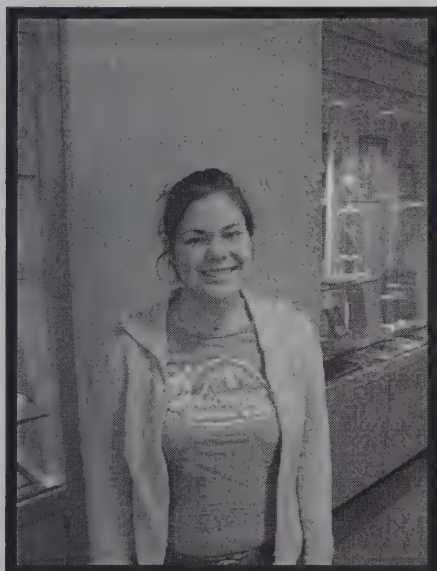
Name: ADAM MORLEY (CMOR)
High School: APPONOQUET REGIONAL HIGH
Major: SECONDARY EDUCATION, HISTORY
Favorite College Team: U NORTH CAROLINA
Favorite Pro Team: BOSTON CELTICS
Favorite Food: BREAD
Favorite Singer/Group: G-UNIT
Favorite TV Show: "LAS VEGAS"
Favorite NBA Player:
LEBRON JAMES
Favorite Book:
NONE
Favorite Class:
HISTORY
Favorite Sports Movie:
"LOVE AND BASKETBALL"
My Picture on Magazine Cover:
SPORTS ILLUSTRATED
LEBRON JAMES
NCAA TOURNAMENT



Person I'd Like to Meet:
One Goal for Season:

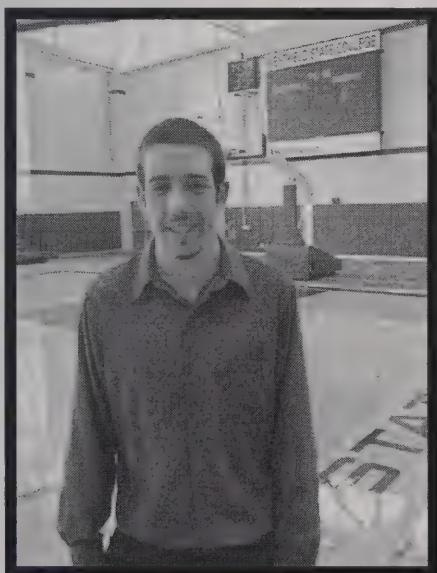
Name: CHRIS KINBACK
High School: SHREWSBURY HIGH
Major: UNDECIDED
Favorite College Team: U NORTH CAROLINA
Favorite Pro Team: BOSTON CELTICS
Favorite Food: PIZZA
Favorite Singer/Group: BOB MARLEY
Favorite TV Show: "FAMILY MATTERS"
Favorite NBA Player:
DELONTE WEST
Favorite Book:
NONE
Favorite Class:
HISTORY
Favorite Sports Movie:
"SANDLOT"
My Picture on Magazine Cover:
ESPN THE MAGAZINE
MICHAEL JORDAN
WIN D3 CHAMPIONSHIP

TEAM MANAGERS



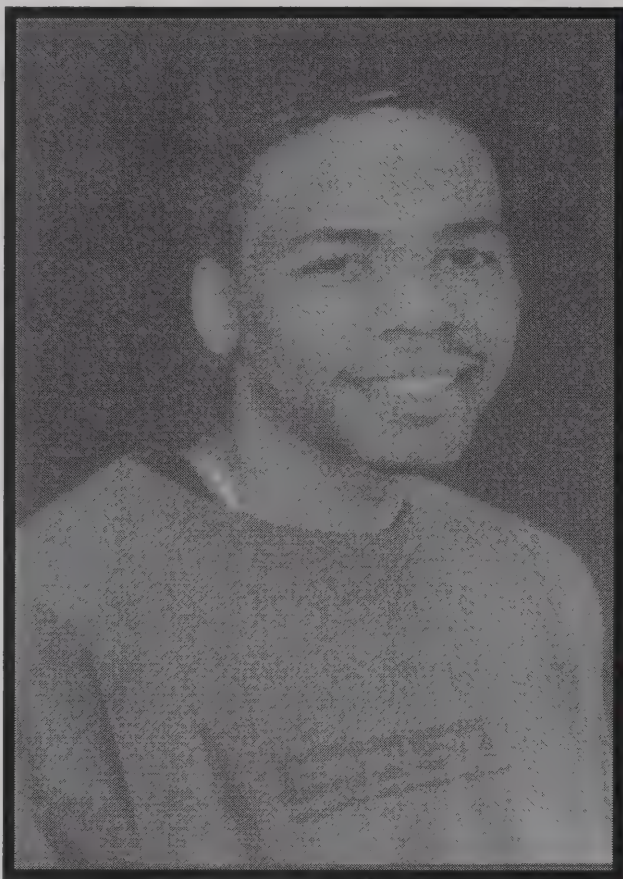
Person I'd Like to Meet:

Name: SARA CIECHOMSKI (C HUMP)
High School: SMITH ACADEMY
Major: COMMUNICATION
Favorite College Team: UMASS AMHERST
Favorite Pro Team: BOSTON CELTICS
Favorite Food: VEGGIE BURGERS
Favorite Singer/Group: ALAN JACKSON
Favorite TV Show: "DESPERATE HOUSEWIVES"
Favorite NBA Player:
PAUL PIERCE
Favorite Book:
GREAT GATSBY
Favorite Class:
COMMUNICATION HISTORY
Favorite Sports Movie:
"REMEMBER THE TITANS"
My Picture on Magazine Cover:
PEOPLE
CARRIE UNDERWOOD



Person I'd Like to Meet:

Name: TIM FLINT (TBOZ)
High School: ELLINGTON HIGH, CT
Major: HISTORY
Favorite College Team: DUKE UNIVERSITY
Favorite Pro Team: BOSTON CELTICS
Favorite Food: MUSHROOM PIZZA
Favorite Singer/Group: BILLY IDOL
Favorite TV Show: "SOUTHPARK"
Favorite NBA Player:
REGGIE MILLER
Favorite Book:
LORD OF THE RINGS: RETURN OF THE KING
Favorite Class:
HISTORY
Favorite Sports Movie:
"HOOSIERS"
My Picture on Magazine Cover:
SPORTS ILLUSTRATED: SWIMSUIT EDITION
REGGIE MILLER



In Memory Of

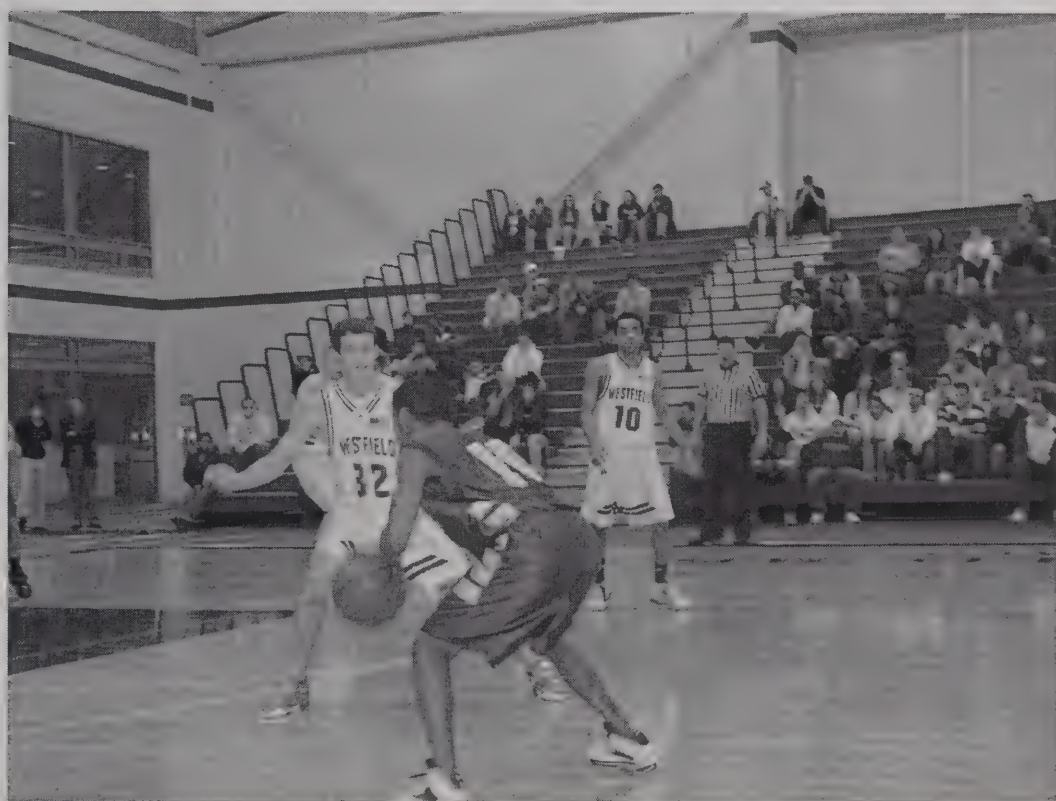
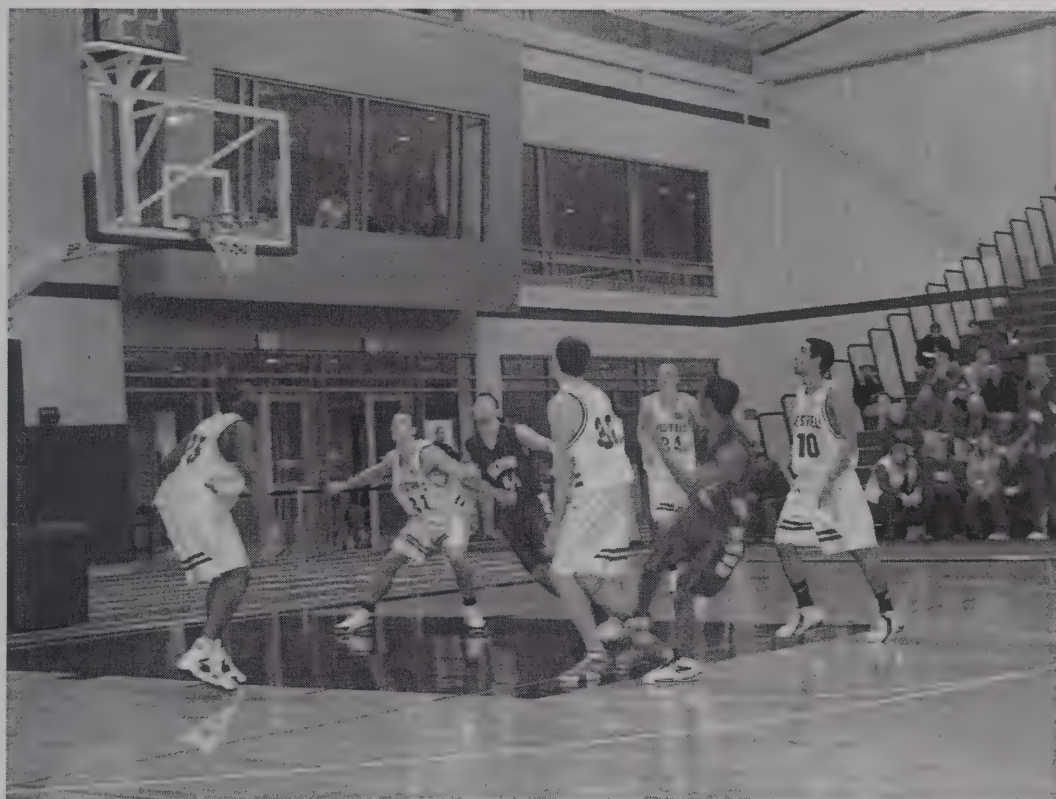
**RICHARD
(RICKY)
THOMAS
MARTIN COFIELD**

1983 – 2002

**REMEMBER
THE ANNUAL RICK MARTIN
MEMORIAL GOLF TOURNAMENT
AT
TEKOA COUNTRY CLUB – WESTFIELD, MA**

**FOR MORE INFORMATION CONTACT
RICH SUTTER – MEN'S BASKETBALL COACH
ATHLETICS – (413) 572-5405**

OWLS IN ACTION



OWLS IN ACTION



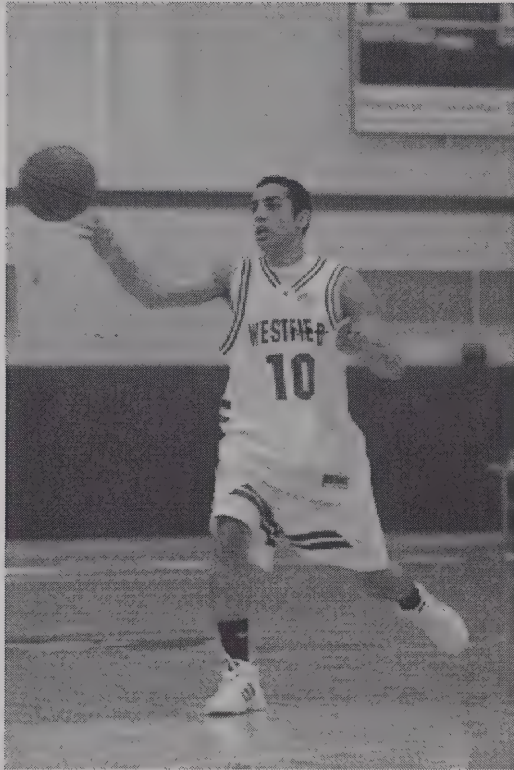
OWLS IN ACTION



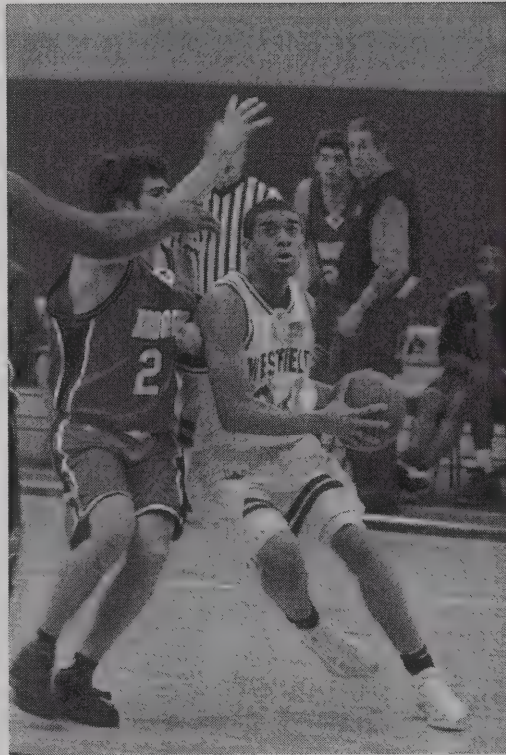
OWLS IN ACTION



OWLS IN ACTION



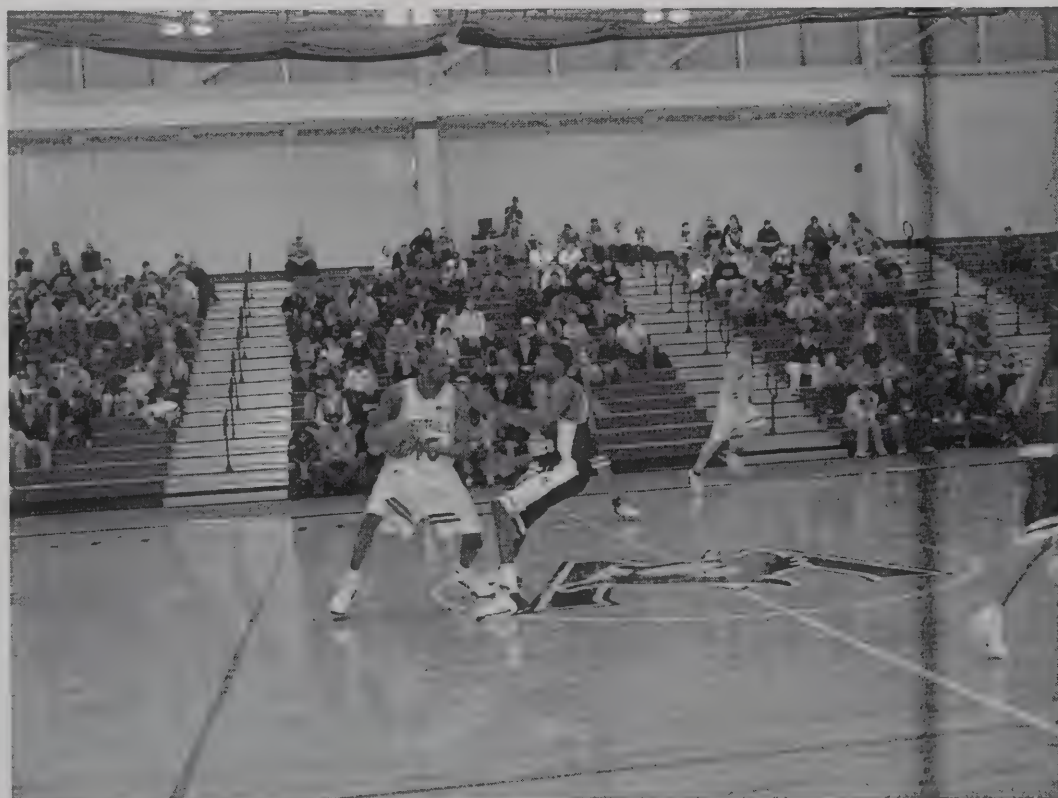
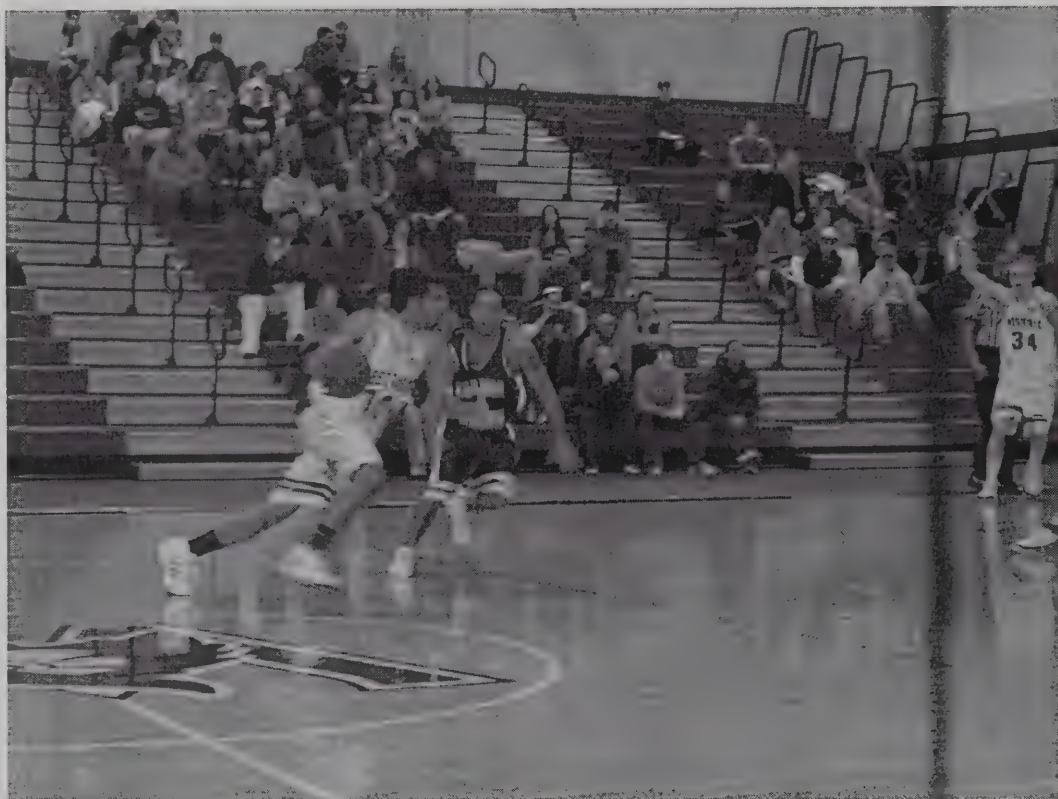
OWLS IN ACTION

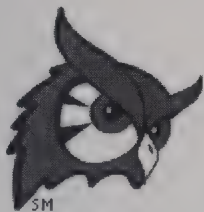


OWLS IN ACTION



OWLS IN ACTION





WESTFIELD STATE COLLEGE ATHLETICS

THANK YOU

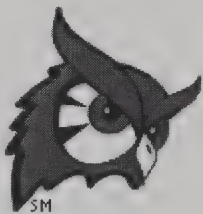
**TO EACH AND EVERYONE OF THE FAMILY MEMBERS,
FRIENDS, SUPPORTERS AND SPONSORS**

GO OWLS



MEN'S BASKETBALL

2005 – 2006



WESTFIELD STATE COLLEGE ATHLETICS

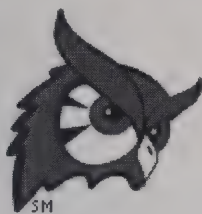
INDIVIDUAL CAREER RECORDS

Field Goal Percentage	.579	Russell Thompson	1983 – 1987
Rebounds	1194	Russell Thompson	1983 – 1987
Assists	373	David Brown	1992 – 1994
Steals	224	David Brown	1992 – 1994

ALL –TIME SCORERS

NO	Name	Points	Class
1.	Greg Gauvin	1845	1996
2.	Brian Duren	1834	1986
3.	Jim Bruno	1575	1991
4.	Don Farr	1550	1958
5.	Ray Glynn	1507	1969
6.	Alex Popp	1433	1969
7.	Tom Brincklow	1364	1992
8.	Dan Racine	1259	1998
9.	Tom Parks	1256	1976
10.	Tim Parker	1178	1973
11.	Russell Thompson	1169	1980
12.	Tim Farrell	1129	1980
13.	Bob Farr	1100	1956
14.	David Brown	1035	1994
15.	Sean Williams	1020##	1990
16.	Vaso Jaukovic	1014	2005

- Also Scored 939 Points for American International College



WESTFIELD STATE COLLEGE ATHLETICS

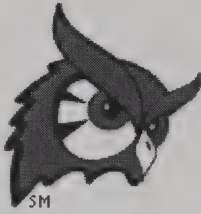
SELECTED SCHOOL RECORDS

Individual Game Records

Points	50	Ray Glynn	vs.	Nichols	1968 – 1969
Assists	15	Jason Franklin	vs.	Framingham	1993
Steals	12	David Brown	vs.	Albertus Magnus	1994
Rebounds	28	Tim Parker	vs.	Fitchburg	1970 – 1971
3- Point FG	8	Jim Bruno	vs.	Roger Williams	1987 – 1988
3- Point FG	8	Jim Bruno	vs.	UM- Dartmouth	1987 – 1988
3- Point Per.	.800	Jim Bruno	vs.	Roger Williams	1987 – 1988

INDIVIDUAL SEASON RECORDS

Points	625	Greg Gauvin	1994 – 1995
Scoring Average	24.56	Shawn Jones	2002 – 2003
High FG Percentage	.650	Levon Freeman	1993 – 1994
Free Throws Made	144	Don Farr	1955 – 1956
Free Throw Attempts	205	Don Farr	1955 – 1956
Free Throw Percentage	.870	Ethan Slavin (60-69)	2002 – 2003
Consecutive Free Throws	39	Jim Bruno	1990 – 1991
Assists	203	Jason Franklin	1992 – 1993
Steals	122	David Brown	1993 – 1994
Rebounds	354	Russell Thompson	1986 – 1987
Rebounds Per Game	17.4	Tim Parker	1971 – 1972
3- Point Field Goals	79	Jim Bruno	1987 – 1988



WESTFIELD STATE COLLEGE ATHLETICS

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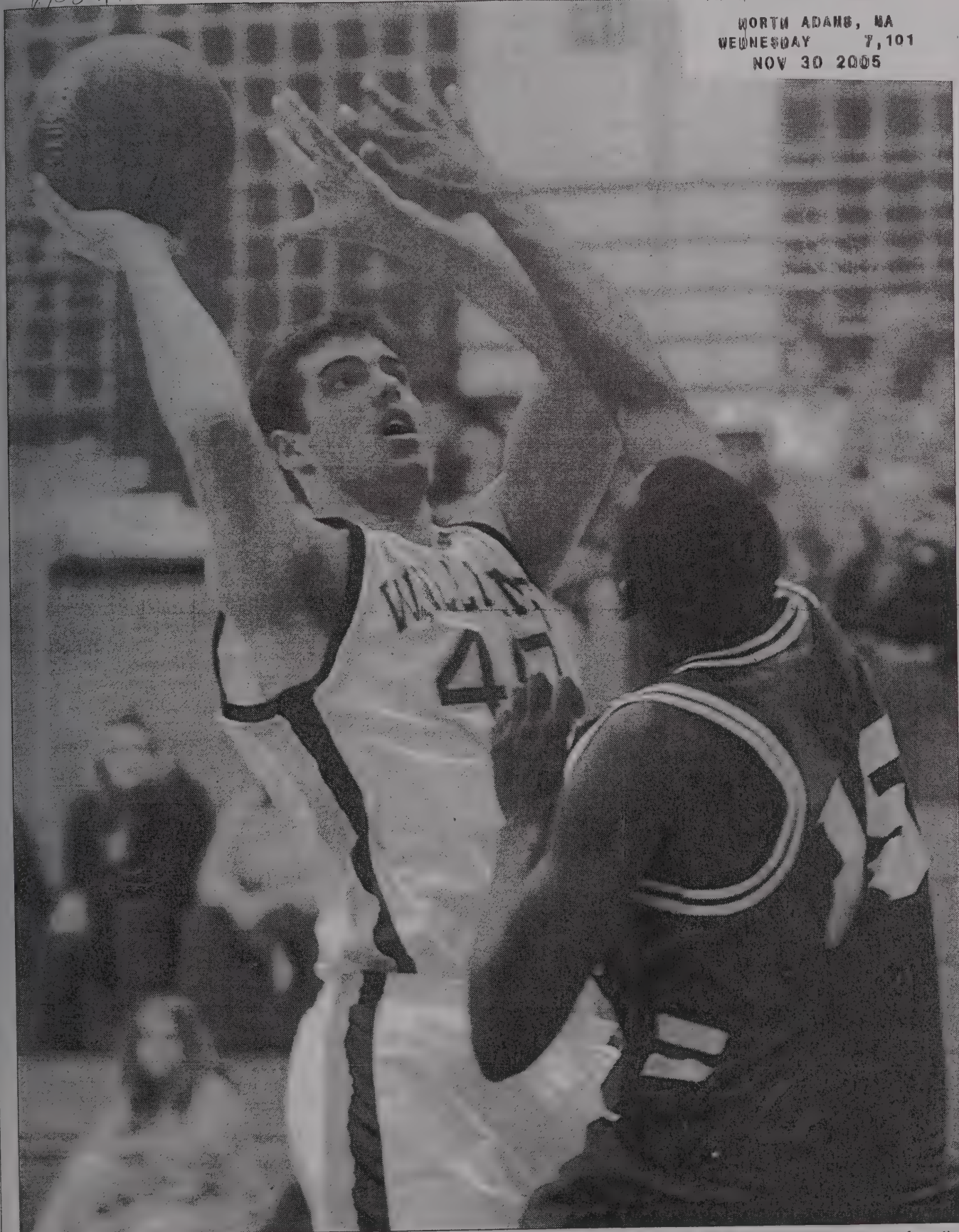
MS. TERRI HAMEL

MR. TIM MURPHY

Men's college basketball

NORTH ADAMS TRANSCRIPT

NORTH ADAMS, MA
WEDNESDAY 7, 101
NOV 30 2005



PAGE ONE of TWO

Williams Sports Information
Williams forward Andrew Newton, left, puts up a shot over the outstretched arm of Westfield State's James Ogbunzie Tuesday night in Williamstown. Newton scored 20 points as the Ephs won, 89-72.

Westfield State 21, Emerson 61

AMHERST — Sophomore guard Becky Passetto (Housatonic, Mass.) scored a game-high 19 points, including the game-winning shot with 11.4 seconds remaining, to lead Westfield State to a 62-61 victory over Emerson in the Amherst College Women's Hoop Classic Nov. 20.

Westfield finished as the only 2-0 team to claim the Classic championship as Norwich rallied past Amherst, 48-44, in Sunday's other contest. On Saturday, Westfield edged Norwich, 60-56, while Amherst throttled Emerson, 71-36.

Passetto — a transfer from Division II American International College — was selected the Hoop Classic MVP as she also totaled 13 points and six rebounds vs. Norwich. Passetto was 13-for-16 from the foul line in the two games.

Lauren Sylvain — a 5-10 guard from nearby Hadley — was named to the All-Classic team. Sylvain finished with a two-game total of 29 points, including 9-for-19 shooting from 3-point range.

Sylvain drained two treys in the final minute of the first half to lift the Owls to a 34-31 lead over Emerson. Westfield led by as many as seven points in the second half but could never pull away from pesky Emerson, which received a strong performances from Pam Coppola (17 points 16 rebounds)

and a Lindsay DeStefano (16 points, three 3-pointers).

There were 16 lead changes and 16 ties in the tightly-contested game, with Emerson holding a 61-60 advantage following a pair of free throws by DeStefano with 1:15 remaining. Passetto's game-winning bucket was a runner from the right block that she banked in between two defenders.

Emerson called a time out with 7.6 seconds remaining to set up its final play. Westfield disrupted Emerson's set play by nearly stealing the inbounds pass. Emerson's Allie Bernier did get off a shot before the final buzzer, but it was an off balance jumper that fell way short of the rim.

For the second straight game, Passetto and Lauren Sylvain were the only Owls to score in double figures. Junior guard Kristen Strole finished with nine points, and team highs of six rebounds and four assists.

The Owls were outrebounded 50-36. Emerson had its chances to take control but missed eight free throws (7-for-15) in the second half.

WOMEN'S SWIMMING AND DIVING WSC 154, Smith College 146

WESTFIELD — Senior Vanessa Morton won three events and anchored a winning relay to lead the Westfield State swimming and diving team to its first ever victory over Smith College, 154-146, on Nov. 19.

It was the season opener for Smith, which lost to Westfield for the first time in 16 meets. It also was the first victory of the season for the 1-2 Owls.

"It was a really nice win for us," said veteran Westfield coach Dave Laing. "We had a game plan and the team did what it had to do to win."

Morton won the 200 freestyle (2:04.4), 50 freestyle (26.22), 100 freestyle (56.98) and anchored the winning 200 medley relay. In addition, she anchored the 400 freestyle relay squad the finished second in the meet's final event to help clinch the big victory.

Also finishing first for Westfield were sophomore Kara Phelan in the 100 backstroke, freshman Cairsten Beanland in the 500 freestyle, and freshman Kelly Johnson in the 200 backstroke.

The Owls also picked up nine key second places from Beanland (1000 freestyle), senior Lindsey Bartosz (100 backstroke), junior Katie Piquette (100 and 200 breaststrokes), junior Rachel Webb (200 butterfly and 500 freestyle), senior Nikki Crowe (one-meter diving), sophomore Renee Kruszyna (100 butterfly), and Stephanie Cooper (one-meter diving).

Other members of the victorious 200 medley relay were Bartosz, Piquette and Kruszyna.

Triple winners for Smith were Marly Pineda (1000 freestyle, 200 butterfly, 100 butterfly) and Katie Tucker (100 breaststroke, 200 backstroke, 200 individual medley). Shanti Freitas won both diving events.

PAGE TWO OF TWO



Westfield State College senior Heather Wenninger of Chicopee (Comp HS) finished a fine four-year cross country career at Westfield State College by finishing 57th (out of 281 runners) at the New England Division III champions held at Veteran's golf course in Springfield on Nov. 12. Wenninger placed second in the Mass. State Conference championships to earn all-conference honors for the fourth straight year.

Rhode Island thumps WSC

WESTFIELD — Sophomore forward Josalee Danieli scored a game-high 17 points and junior forward Kari Geisler had 15 points and 11 rebounds to lead Rhode Island College to a 70-46 victory over Westfield State on Nov. 29.

RIC (3-1) led 32-26 at halftime and pulled away early in the second half when it outscored Westfield, 38-20. Both teams shot 42 percent from the field, but the visitors controlled the inside, holding the edge in rebounding (41-28) and free throw shooting.

RIC was 15-for-23 from the foul line while Westfield (2-2) was 2-for-9 from the charity stripe. In addition, the Owls committed 28 turnovers, including 16 in the second half.

Also scoring in double figures for the winners was senior guard Jamie Angell with 11 points, including three 3-point baskets.

Freshman forward Andrea Wasuk of Lenox led Westfield with 10 points. Junior forward Kristen Strole of Agawam had eight points and a team-high six rebounds.

Swim Squad Sinks Smith For Big Win

WESTFIELD - Senior Vanessa Morton won three events and anchored a winning relay to lead the Westfield State swimming and diving team to its first ever victory over Smith College, 154-146.

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Also finishing first for Westfield were freshman Cairsten Beanland in the 500 freestyle, and

freshman Kelly Johnson in the 100 and 200 backstroke.

The Owls also picked up nine key second places from Beanland (1000 freestyle), senior Lindsey Bartosz (100 backstroke), junior Katie Piquette (100 and 200 breaststrokes), junior Rachel Webb (200 butterfly and 500 freestyle), senior Nikki Crowe (one-meter diving), sophomore Renee Kruszyna (100 butterfly), and Stephanie Cooper (one-meter diving).

Other members of the victorious 200 medley relay were Bartosz, Piquette and Kruszyna.

Triple winners for Smith were Marly Pineda (1000 freestyle, 200 butterfly, 100 butterfly) and Katie Tucker (100 breaststroke, 200 backstroke, 200 individual medley). Shanti Freitas won both diving events.



The Westfield State College swimmers and head coach Dave Laing give themselves a big hand after defeating Smith College for the first time in 16 meets between the two colleges..

RIC Routs Westfield

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Dec. 2005

www.westfieldstateowls.com

**Attention
Varsity Athletes:**

**The Fall Sports
Banquet is
Monday, Dec. 5,
5:30 p.m. in
Scanlon Hall.**

Fall sports banquet award winners



MEN'S CROSS COUNTRY - head coach Bob Rausch, Andy Strmiste (most improved), John Messer (outstanding contributor), and Dave Estabrook (James Earley Award).



FIELD HOCKEY - Left to right, head coach Heather Cabral, Ashley Brogan (outstanding contributor), and Vicky Winson (outstanding contributor).



WOMEN'S CROSS COUNTRY - head coach Bob Rausch, Colleen Wimberly (most improved), Marissa Blume (outstanding contributor), and Jillian Slyva (James Earley Award).

Dec. 2005



MEN'S SOCCER - assistant coach John Evans, Matt Ross (most valuable player) and Matt Costa (outstanding contributor).



VOLLEYBALL - Lindsay Dalene (most valuable player), Danielle Mainini (outstanding contributor), and Rachel Sweeney (outstanding contributor).



Dec. 2005

WOMEN'S SOCCER - head coach Todd Ditmar, Emily Johnson (Justine Crocker Award), Jenn Leveille (offensive player of the year), Jess Coleman (defensive player of the year), and Alisha Long (most valuable player).



FOOTBALL - head coach Steve Marino, Jim Fennelly (defensive player of the year), Justin Sargent (lineman of the year), B.J. Holleran (offensive player of the year), and Mark Puchalski (outstanding contributor). Missing are Ryan Togneri (12th player award) and Rick Colburn (outstanding contributor).

Men's hoop team outshoots Mt. St. Vincent

RIVERDALE, N.Y. — Sophomore guard Tony Collier was one of five Westfield State players in double figures with 25 points as the Owls defeated Mount Saint Vincent College, 96-77, on Monday, Dec. 5.

Westfield improved to 4-3 with the road victory in New York City. Mount Saint Vincent is 3-3.

The Owls led 41-35 at the intermission and outscored the host team, 55-42 in the second half. Westfield drained 10 3-pointers and was 28-for-40 from the foul line during the high-scoring non-conference contest.

Junior forward Curtis Gadles — a transfer from Mount Ida College — posted a double-double for the Owls with 22 points and 10 rebounds. Gadles also had three assists, two blocks and three steals.

Senior forward James Ogbunize totaled 12 points, eight rebounds, seven assists, five blocks and four steals. Westfield leading scorer Mike Jurkowski was saddled with foul trouble and scored 12 points in 20 minutes.

Owls sophomore reserve guard Andy Deffer contributed 10 points and six rebounds off the bench. Junior guard Gavin Illangakoon had eight points, eight assists and three steals.

The Owls' balanced attack was enough to offset another scoring explosion by Mount Saint Vincent senior guard James Mooney, who poured in 37 points. Mooney, who is averaging 33.8 points thru the first seven games, was 13-for-33 from the field, including 5-for-15 from 3-point range.

Forward Greg Casey was the only other player in double figures with 21 points.



The Fourth Annual Pioneer Valley Women's Hoop Classic was hosted by Westfield State College Dec. 2-3. All Tournament team members were, left to right: Julie Smith (Amherst), LaToya Franklin (Springfield), Meghan McCarthy (Westfield), and MVP Erin Schwartz (Springfield). Missing are WNEC's Tiffany DeRosa and Lisa Masella. Westfield State lost to Amherst, 64-46, and was edged by Springfield in an overtime thriller, 83-75.

Swim Squad Sinks WNEC

Dec. 2005

WESTFIELD — Senior Vanessa Morton and freshman Kelly Johnson both won two events to lead the Westfield State swimming and diving team to a 140-116 victory over Western New England College.

Both teams now own 2-2 records. Westfield's final meet this semester is Saturday, Dec. 10, when it hosts Plymouth State at 1:00.

Morton placed first in the 400 individual medley and the 100 freestyle, while Johnson touched the pad first in the 100 backstroke and 50 backstroke.

Also placing first for Westfield were Renee Kruszyna (50 breaststroke), Rachel Webb (100 butterfly), and Melissa Blain (50 freestyle).

WNEC freshman Jamie Campo won the 200 freestyle and finished second in the 50 freestyle and the 100 freestyle. Also finishing first for the Golden Bears was Christina Fournier in the 100 breaststroke.

CHRONICLE

WILLIMANTIC, CT
THURSDAY 10, 587
DEC 8 2005



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Eastern swimmers dunked

WILLIMANTIC — The Owls of Westfield State College (4-3) out-scored the Eastern Connecticut State University women's swim team, 116-81, in the first of three straight home meets for the Warriors (3-2).

Westfield State finished first in nine of the 11 events.

Eastern swept the 200-yard breaststroke event with first-year sophomore Jess Harrison finishing first in a time of 2:49.41 followed by sophomores Stephanie Peterson (2:54.05) and Katie D'Elia (3:03.72).

Sophomore Sarah Barber dominated the 500-yard free with a first-place time of 5:33.92 along with a second-place finish in the 200 free (2:04.88).

Other top three finishes for the Warriors included senior Jess Boardman's third-place effort in the 1,000 free (12:04.64) and freshman Maggie Bannell's third-place performance in both the 200 IM (2:33.89) and 200-yard backstroke (2:30.99).

Despite the loss, seven Eastern swimmers obtained New England Intercollegiate Swimming and Diving A-Cuts in 12 events.

The Warriors host UMass-Dartmouth Saturday at 1 p.m.

FOSTER'S SUNDAY CITIZEN

DOVER, NH

SUNDAY 12, 249

DEC 11 2005

RIC HOLDS OFF PANTHER MEN

PROVIDENCE, R.I. — Rhode Island College junior guards Kinsey Durgin and Kamari Williams scored 21 and 20 points, respectively, as Rhode Island College handed Plymouth State University's men's basketball team its first loss of the season Saturday afternoon, an 80-75 decision in a Little East Conference contest at the Murray Center.

The Anchormen, the LEC pre-season favorites, improve to 6-3 overall and 1-1 in league play. The Panthers, tied for third in the LEC pre-season poll, fall to 7-1 overall and 1-1 in the Little East.

Junior Andreas Pope was one assist shy of a triple double for the second straight Saturday, finishing with 25 points, 13 boards and nine assists. Dover junior Mike Walcek added career-highs of 22 points and eight assists. Pope and Walcek accounted for 47 of PSU's 75 points, and were the only two to score in double figures.

The Panthers return to action on Jan. 3 at home against Middlebury at 6 p.m.

WESTFIELD OUTSWIMS PLYMOUTH

WESTFIELD, Mass. — The Westfield State College swimming and diving team won its fourth straight meet Saturday afternoon, cruising to a 163-121 victory over Plymouth State University. The Owls upped their record to 4-2, while the Panthers complete the semester break at 2-2.

Junior Cait Anton was a triple winner for the Panthers. She placed first in the 1000-yard freestyle (11:42.42), 100-yard backstroke (1:07.06), and the 200-yard individual medley (2:27.93). Junior Danielle DeStefano won both the one-meter voluntary (160.30 and optional (162.15) diving events.

PSU's other victory came in the final race, the 400-yard free relay.

PSU returns to competition with three straight home dual meets in January, beginning on Jan. 7 against Bentley at 1 p.m.

PSU GRAPPLERS DROP TWO

SPRINGFIELD, Mass. — The Plymouth State University wrestling team suffered a pair of losses at a tri-meet Saturday afternoon, falling to Roger Williams University, 39-12, and Western New England College, 30-27. The Panthers complete the semester with a 1-2 record in dual meets.

Nick Gurney and Shaun Wilbert turned in strong performances for the Panthers, winning both of their matches. Gurney won his bouts at 184 pounds to improve his season record to 6-4, while Wilbert was 2-0 at 285 pounds to up his season mark to 7-5. They were the only Panther winners against Roger Williams.

Joining Gurney and Wilbert in the win column against WNEC were Matt Friend at 133, Devon Hanson at 141 pounds, and Billy Wilbert at 197.

PSU resumes competition with three tournaments in January, beginning with the North/South duals at Ursinus (Pa.) on Jan. 7 at 10 a.m.

RECORDED

GREENFIELD, MA
WEDNESDAY 14, 437
DEC 14 2006



New England Newsclip
AGENCY INC

101

CG

Togneri earns WSC plaudit

Recorder Staff

Turners Falls' Ryan Togneri recently received the Westfield State College football team's 12th Man Award during the school's Fall Sports Banquet at Scanlon Banquet Hall.

Togneri, who entered the Owls' program as a quarterback, made the transition to defense and played strong safety and outside linebacker.

A quad captain this past season, Togneri played all nine games at linebacker for Westfield. He was fourth on the team with 49 tackles (25 solo), and added two pass breakups, one interception and one fumble recovery.

Togneri, who graduated in 2002

Bulletin Board

from Turners Falls High School, is currently at Fort Devens and awaiting deployment to Iraq. Togneri is a Lance Corporal in the First Battalion, 25th Marines, 4th Marine Division.

Youth basketball

Greenfield 7-8 Suburban wins

Steve Kearns scored 17 points to lead Greenfield to a 59-48 victory over Southampton in a Suburban Basketball League boys grades 7-8 game Monday night.

Jessie Breiwick added 11 points and 21 rebounds for the winners.

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 01,713
DEC 14 2005



New England Newsclip
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Sylvains lead Owls

By DICK BAKER
rbaker@repub.com

Local roundup

Lauren Sylvain of Hadley scored 21 points to lead Westfield State College to a 63-56 victory over MIT in a non-conference women's basketball game last night at Cambridge.

Sylvain converted 7 of 14 shots from the field and added four assists for the Owls (4-5). Twin sister Katie Sylvain had a game-high nine rebounds and contributed 11 points. Andrea Wasuk of Lenox finished with 13 points for the winners.

MIT slipped to 3-3.

Union 73, Springfield 51: The Pride shot 62.3 percent in the second half, but it was far too late in the non-conference road loss.

Union (2-3) jumped out to a 37-18 halftime lead as SC (5-3) shot only 27.6 percent in the first half.

Erin Schwartz paced Springfield with 15 points.

Union trailed 12-8 with 10:33 left in the first half, but went on a 29-6 run to close out the half. Union scored 18 points off SC turnovers, and its bench contributed 21 points.

It was the first women's basketball meeting between the two schools.

Springfield is off until Jan. 1 when it hosts Bates in the Holiday-Inn Naismith Classic. If Springfield wins, it would play in the championship game against St. Lawrence or Trinity (Texas) Jan. 2.

AIC MOVES UP: The American International College women's basketball team jumped four spots to No. 19 in the nation in this week's USA Today/ESPN Division II Top 25 poll.

AIC (8-0) has won five of its games on the road, and four games overall against teams that reached the NCAA tournament last year (Bryant, Southern Connecticut, Pace, Merrimack).

The Yellow Jackets are the only team in the Northeast region ranked in the poll. Washburn (Kan.) is No. 1 with a 7-0 record.

AIC goes for its ninth straight Saturday against C.W. Post at Butova Gym at 1:30.

WESTFIELD STATE BASKETBALL Jurkowski, others post career highs

WESTFIELD — Senior forward Mike Jurkowski (Belchertown) posted career highs of 34 points and 17 rebounds to pace Westfield State to a 99-85 victory over Fisher College on Sunday.

Westfield owns a 6-3 record at the semester break. Fisher College, an NAIA school located in Boston, dropped to 3-8.

Jurkowski dominated the inside action by shooting a torrid 16-for-19 from the field. He made 10 of his final 11 field goal attempts as the Owls led 54-43 at halftime and built a 22-point lead, 85-63, with 6:34 remaining. The 6-4 power forward's previous bests were 33 points and 16 rebounds in a home victory over Bridgewater State last Feb. 1.

Jurkowski did not record game-high scoring honors, however. Fisher senior Steve Perry (Staten Island, NY) poured in a career-high and Woodward Center record 38 points. The 6-2 guard-forward

made 10 consecutive field goals during one stretch and finished 13-for-24 from the field.

Also posting career highs for the Owls were senior forward James Ogbunize (Springfield) with 12 rebounds and sophomore reserve guard Andy Deffer (Beverly) with 22 points. Ogbunize also had 12 points, four assists and three blocked shots.

Westfield sophomore guard Tony Collier (Colchester, VT) contributed 13 points, seven assists and three steals. The Owls dominated the boards, out-rebounding the outmanned Falcons, 56-32.

Michael Newcombe (Staten Island, NY) and Jofre Cruz (New York, NY) scored 20 and 17 points, respectively, for the Falcons, who dressed just eight players.

Westfield State's next game is Thursday, Dec. 29, when it plays New York University (NYU) in the opening round of the College of Staten Island Tournament.

Time flies for WSC Owl

By JEFF THOMAS

jthomas@repub.com

WESTFIELD – For Mike Jurkowski, there's a reason why it seems like his time at Westfield State College has gone by in the blink of an eye.

It nearly has.

The captain of the men's basketball team transferred to Westfield State after a year at Springfield College and a year at Holyoke Community College, and now Jurkowski is set to graduate this month.

The senior from Belchertown will have earned his undergraduate degree in criminal justice in just 3½ years, but he'll stay on next semester and finish the basketball season while taking graduate courses.

"It seems like I was a freshman just last year," Jurkowski said.

Jurkowski and James Ogburn, a graduate of the High School of Science and Technology in Springfield, are the Owls' only seniors and both are captains along with junior Gavin Ilangakoon.

The 6-foot-4 Jurkowski is planning on a career with the state police, but according to his coach, his leadership ability is a big percentage of Jurkowski's value to the team.

"Michael has given us a scoring threat inside, but he is one of the finest young men I've ever coached," said Owls coach Rich Sutter. "He's invaluable in the huddles."

It was while Jurkowski was at HCC pondering a change in majors that he caught the eye of Sutter.

"We scrimmaged them and saw him in the scrimmage and thought he was terrific," Sutter said. "We followed up and got lucky."

Jurkowski and Westfield State have been winners in the relationship. The college got a fine basketball player and student, and Jurkowski discovered his future while enjoying the camaraderie and competition of NCAA Division III basketball.

Last year Jurkowski averaged 10.4 points per game and led the team in rebounding with 6.7 boards per contest. Through the first seven games of this season he was leading the 4-3 Owls with 15.6 points and was second on the team in rebounds with eight a game.



Mike Jurkowski of Belchertown is a senior captain for the Westfield State College men's basketball team.

While the Owls were 12-12 a year ago, they nearly upset Salem State in the Massachusetts State College Athletic Conference tournament, rallying from 17 down at halftime to take a two-point lead before falling 81-74.

Salem State is on their radar once again, as is the MASCAC tournament. Jurkowski said a strong non-conference schedule will have the Owls ready for the

MASCAC regular season on Jan. 10.

"I have so much confidence in our starters and everyone on our bench," said Jurkowski. "We're more focused this year and playing teams like Amherst and Williams, that's only going to make us better in our league."

"That's our main goal, to win our league and we feel we can do that," he added.

"It seems like I was a freshman just last year." - Mike Jurkowski

REPUBLICAN

SPRINGFIELD, MA

WEDNESDAY 21,713

DEC 21 2005

SPRINGFIELD REMINDER

CHICOPEE, MA
WEEKLY
DEC 28 2005



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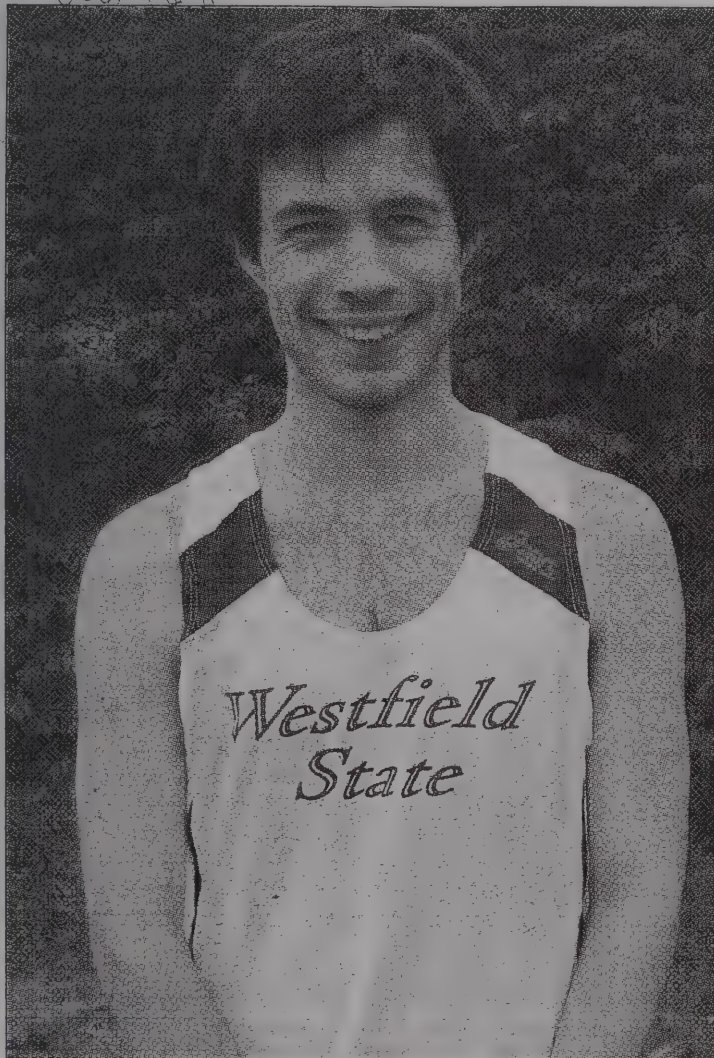
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WEEKLY 27,000
DEC 28 2005

REMINDER (METROWEST EDITION)

EAST LONGMEADOW, MA
WEEKLY 0,000
DEC 28 2005

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WSC Cross Country runner receives an award

Sophomore Dave Estabrook (Springfield Central HS) was a member of the Westfield State men's cross country team this past season. Estabrook received the team's prestigious James Earley Award, which is awarded annually to someone who represents the true spirit of cross country at Westfield State College. In the Mass. State Conference championship meet, Estabrook finished 23rd with a time of 29:15 on the five-mile course. Other runners from Springfield on the Westfield State cross country team were freshmen Ivan Cordero (Central High School) and Brian Frodema (Cathedral).

MetroWest Reminder submitted photo

RANDOLPH HERALD

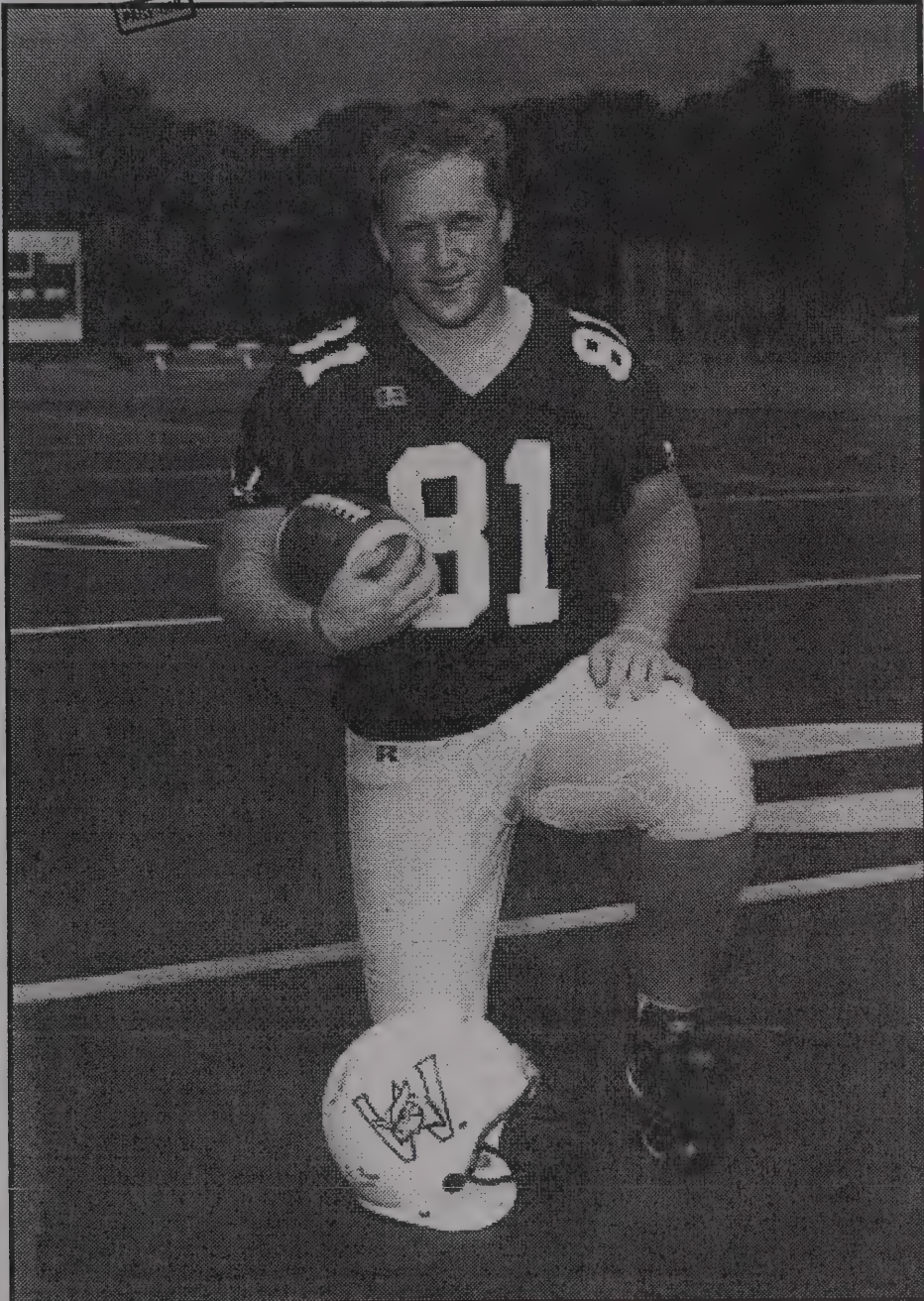
RANDOLPH, MA
WEEKLY 2,087
DEC 29 2005



New England Newsclip
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ADAM LAPON of RANDOLPH was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. Lapon, a senior, was a starting defensive end for the Owls. He was the team's fifth leading tackler with 37 tackles. He also had seven tackles for losses, a fumble recovery and a sack.

COUNTRY JOURNAL

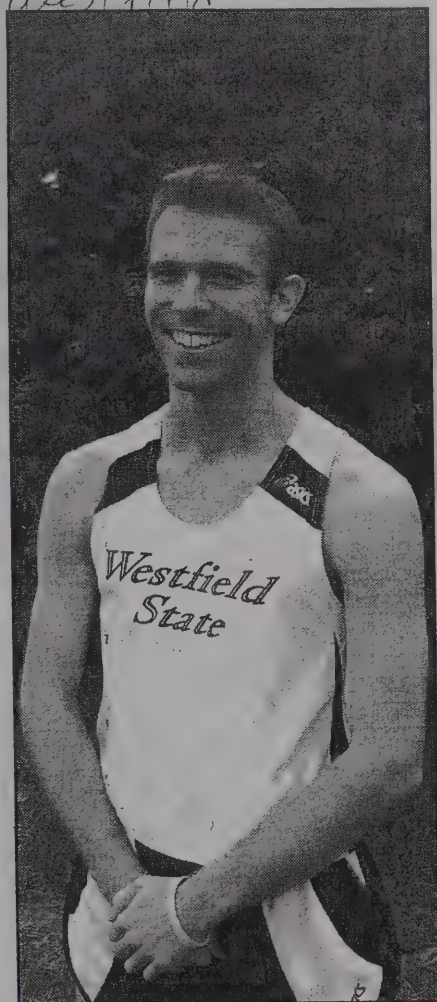
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WEEKLY 3,100
DEC 29 2005



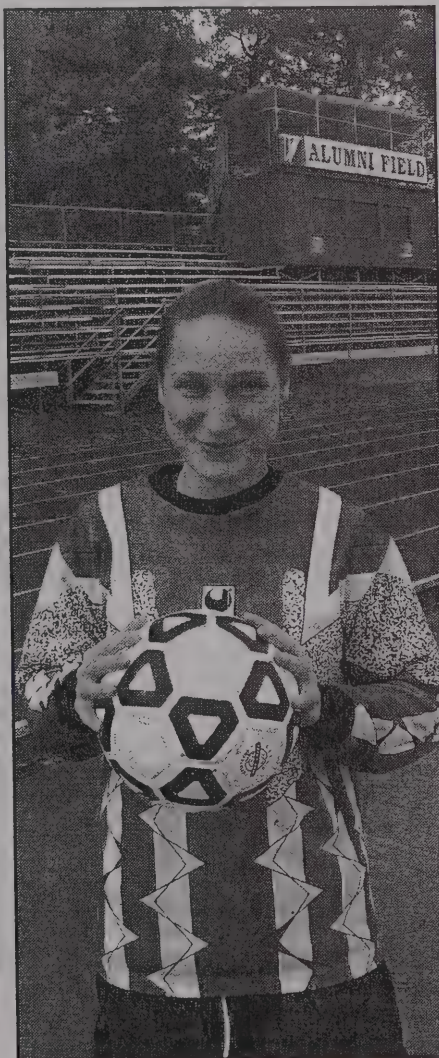
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Westfield



Robbie Crossman of Worthington was a member of the Westfield State College men's cross country team this season. Crossman finished 17th in the Mass. State Conference championships with a time of 29:03 on the five mile course.



Jen Cyr of Worthington was a member of the Westfield State College women's soccer team during the 2005 fall season. The senior goalie started all 16 games for the 5-11 Owls.

SUNDAY RUTLAND HERALD

RUTLAND, VT
SUNDAY 22,380
NOV 20 2005

WOMEN'S COLLEGE BASKETBALL

Westfield St. 60, Norwich 56

AMHERST, Mass. - Westfield

State outlasted the Norwich women's basketball team, 60-56, in Saturday's first round of the Amherst Classic.

Rookie guard Lauren Sylvain led the Owls with 15 points on five trifectas, while sophomore Becky Passetto posted 13 points, including several clutch free throws down the stretch. Senior guard Meghan McCarthy was outstanding as well, notching four assists and four steals. Junior Kristi Powlovich led Norwich with 14 points and nine rebounds, and

reserve first-year guard Kayleigh Shappy of Burlington chipped in 11 points in just 19 minutes of action.

The Cadets play again at 4 p.m. today against Amherst.

WESTWOOD SUBURBAN PRESS

NATICK, MA
WEEKLY 3,500
DEC 29 2005



New England Newspap
AGENCY, INC.

Blume named "Most Outstanding Contributor" at Westfield State

Senior Marissa Blume of Westwood was a key member of the Westfield State women's cross country team that won its second straight Mass. State Conference crown and its seventh in the past 10 years. Also, the Owls placed second in the 10-team New England Alliance Championships.

Blume was selected the team's Most Outstanding Contributor and earned all-conference honors by placing eighth in the Mass. State Conference championships. Senior Marissa Blume of Westwood was a key member of the Westfield State women's cross country team that won its second straight Mass. State Conference crown and its seventh in the past 10 years. Also, the Owls placed second in the 10-team New England Alliance Championships.

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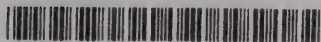


COURTESY PHOTO

Marissa Blume

**BOSTON SUNDAY GLOBE
(SOUTH EDITION)**

BOSTON, MA
SUNDAY 672,882
JAN 1 2006



New England Newsclip
AGENCY INC.

623

Sports Notebook

MONIQUE WALKER

**Westfield State
gets lift from locals**

A few area athletes have led their programs to stellar finishes in Westfield State College sports this fall season.

In field hockey, sophomore forward **Megan Wolski** of Plymouth was selected the Massachusetts State College Athletic Conference Player of the Year. She scored a team-high 19 goals to go with a school-record 12 assists for 50 points — four points shy of the school record. She also was the only sophomore selected to the Little East Conference team.

Freshman **Kara Guittarr** of Dedham was the third-leading scorer on the field hockey team with seven goals and two assists. Westfield earned a share of the MASCAC regular-season championship with Fitchburg State. It was the fifth time in seven years that the team has either won or shared the title.

In volleyball, senior **Rachel Sweeney** of Foxborough earned the team's most outstanding contributor award after collecting 70 kills, 21 assists, 28 digs, and 16 blocks.

In soccer, sophomore **Alisha Long** of Weymouth was selected the team's most valuable player. Freshman **Jess Coleman** of Pembroke was selected the team's defensive player of the year.

**Pembroke forward
leads Wentworth**

The Wentworth Institute of Technology men's ice hockey team ended its first semester 7-5 behind the scoring of Pembroke's **Matt Koehler**.

Koehler, a sophomore forward, leads the team with seven goals and seven assists. Two of those

goals are off the power play, and another goal was shorthanded. He has played in all 12 games.

**Stonehill teams
crack Div. 2 top 25**

The Stonehill men's and women's basketball programs have moved into two national polls.

The men's team is No. 24 in the National Association of Basketball Coaches Division 2's top 25 poll, released Dec. 20. It was the first ranking for the team since March 1998. The men had a 7-1 record to that point. The next poll will be released Jan. 10.

The women are undefeated at 10-0 and are ranked No. 25 in the USA Today/ESPN Division 2 top 25 coaches poll released Dec. 20. It is its first appearance in the poll since March 2003. The women return to action Monday against Merrimack.

Stonehill is the only Northeast-10 program to have both teams among the top 25 in the polls.

**2 receive mention
for basketball play**

Bridgewater State had two players receive honorable mentions in the MASCAC basketball players of the week for Dec. 12.

Samantha Curry of Braintree collected 58 points and 29 rebounds in three games. The team was 2-1 in those contests. The women's team was off to a 6-2 start through Dec. 27.

David Rukstalis of Norwood, a junior forward, scored 14 points and hauled in eight rebounds in a 69-67 loss to Plymouth State. The men were 3-4 through Dec. 27.

*Suggestions for notes can be sent to
mwalker@globe.com.*

BRAINTREE FORUM

WEYMOUTH, MA
WEEKLY 5,000
JAN 4 2006

SOCCER STAR

Alisha Long, a sophomore at Westfield State College, has been named to the All Conference Team by the Massachusetts State College Athletic Conference in women's soccer. She has also been voted MVP at Westfield State for the fall 2005 season and selected a captain for 2006 season. Great job, Alisha.

JAN 2006

Westfield St. participates in leadership conference

During the weekend of Jan. 20-22, a team of Westfield State students and administrators attended the 2006 NCAA Division III Student-Athlete Leadership Conference in Jersey City, N.J.

Throughout the weekend, the team learned about the importance of leadership and the qualities needed to make a good leader. Grouped together with student-athletes and administrators, the attendees were able to learn more about themselves and learn from other colleges in the Northeastern Region.

The weekend was packed with "drum team" sessions, school team sessions, and fun activities that embraced teamwork, leadership, and unity.

Brennan Struthers (Men's Soccer) and Alison Wesolowski (Women's Cross Country) worked together with Nancy Bals (Assistant AD) and Meghan Shepherd (CHAMPS/Life Skills Intern) to come up with an "action plan" to implement back on campus.

After hours of brainstorming and discussion, the team decided to have a goal of integrating the campus and creating a support network between athletics and various clubs/organizations around campus.

So to go along with the theme of the conference, *Connecting the Rhythms of Leadership*, and working through the Student-Athlete Advisory Board (SAAB), hopes are high that in the future this campus will beat to the same drum and collaborate to support each other.



Student-athletes Brennan Struthers and Alison Wesolowski, Nancy Bals (assistant athletics director), and Meghan Shepard (athletics department intern) enjoy the New York City skyline while attending the NCAA Division III Regional Student-Athlete Leadership Conference in Jersey City, N.J.

January 30, 2006

Page 11

Men's basketball foils Fitchburg with free throws

FITCHBURG, Mass. — Senior forward Mike Jurkowski (Belchertown) scored a game-high 21 points and grabbed nine rebounds to lead Westfield State to a 73-64 victory over Fitchburg State in a foul-marred game Saturday evening, Jan. 21.

Westfield improved to 10-7 overall and 2-2 in the Mass. State Conference. Fitchburg is 5-10 and 0-3.

The Owls won despite making only 17 field goals the entire game. They were 36-for-48 from the foul line, including a 21-for-28 effort in the second half when they pulled away in the final six minutes.

Fitchburg State was 19-for-29 from the foul line, including 11-for-19 in the second half. There were a total of 55 personal fouls in the game, including 32 against

Fitchburg State.

Fitchburg led twice early in the game and took its only second-half lead, 50-49, on a lay-in by Albert Ortiz with 8:37 remaining.

With the score tied at 53-all, Westfield went on an 13-4 run for a 66-57 lead with 2:20 remaining. The Owls canned nine straight free throws during the mini-run. Fitchburg closed to within four points, 66-62, with 1:28 remaining, but the Owls held on in the final minute.

Sophomore guard Tony Collier (Colchester, VT) scored 17 for the Owls, including a 9-for-11 effort from the charity stripe. Junior point guard Gavin Illangakoon (Ellington, CT) made 12 of 14 free throws to finish with 16 points.

Freshman center Andrew Vayo (Waterville, ME) led Fitchburg with 14 points.

Athletics

Sponsors

Recruit Day

The Second Annual Recruitment Day sponsored by the athletics department was held at Westfield State on Tuesday, Jan. 24, 2006.

Coaches, administrators and faculty representatives met with more than 100 high school students interested in attending Westfield State College, including a large contingent of students from the following inner city schools in Springfield: Putnam, Central and Sabís.

The high school students toured the campus, including the Woodward Center athletics field house, and heard important messages from the following guest speakers: Jack Maloney, special assistant to the Springfield superintendent of schools; Domenic Sarno, Springfield City Councilor; and Ben Adams, who was enrolled in the first urban education program at Westfield State in 1969.

Adams is a 1975 Westfield State graduate and was inducted into the Westfield State Hall of Fame in 2005. Maloney and Sarno also are Westfield State alumni.

Westfield State athletics recruiting coordinator and men's head basketball coach Rich Sutter organized the Recruitment Day.



Junior Delgado of the Westfield State College career services department answers questions during the Athletics Recruitment Day Jan. 24. Photo By Katie Effler

JAN 2006

Westfield State Web site:

www.WestfieldStateOwls.com

Owls take three firsts at track meet

WILLIAMSTOWN, Mass. — The Westfield State men's and women's indoor track and field teams began the spring semester by competing in the Williams Quad Meet on Saturday, Jan. 21.

Westfield had three individual champions during the day-long meet. David Richardson placed first in the high jump (6-4), John Messer hit the tape first in the 1,000 meter run (2:37.27), and Ben Butterfield won the 400 meter dash (53.48).

Finishing second were freshmen Jared Esposito (55 hurdles, 8.21), Brandon Palmer (long jump, 21-6), and Marlee Berg (800, 2:30.48).

Senior Heather Wenninger finished third in the 3,000 meter run (11:09.89) and sophomore Matt Shannon placed third in both the long (20-10) and high jumps (6-0).

MEN'S TEAM SCORING: Williams 207; MIT 192; RPI 109; Westfield 90.

WOMEN'S TEAM SCORING: Williams 288; MIT 122.5; Westfield State 78.5; RPI 61.

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 91,713
JAN 4 2006



New England Newsclip
AGENCY, INC.

225

11

Morning briefing

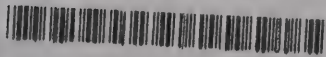
LOCAL COLLEGES

WSC men fall

Matt Badjo came off the bench and recorded 10 points and five rebounds in 20 minutes of play, but the Westfield State College men's basketball team fell 68-59 to Eastern Connecticut in the opening round of the Captain's Shootout at Newport News, Va. The Owls hit only 1 of 13 three-point attempts while Eastern drained 5 of 16. Curtis Gadles led Westfield scorers with 12 points. The Owls will play in a third-place game today. . . . Tournament most valuable player Meghan Stetson scored all 11 of her points in the first half as the Williams College women's basketball team (11-2) cruised to a 71-42 win over Maine Maritime in the championship game of the Williams Winter Classic. Maggie Miller had 14 points and four blocked shots for the Ephs.

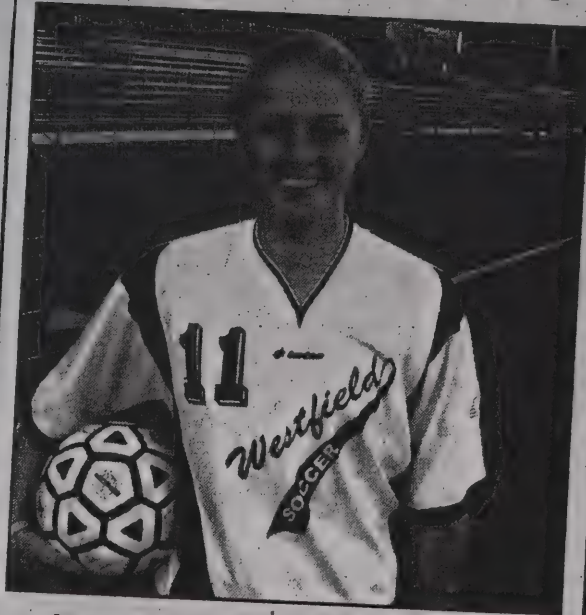
BARRE GAZETTE

BARRE, MA
WEEKLY 2,700
JAN 5 2006



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AGENCY, INC.

Pierce plays for Westfield State



Joey Pierce of Barre (Quabbin Regional graduate) was a member of the Westfield State College women's soccer team during the 2005 season.

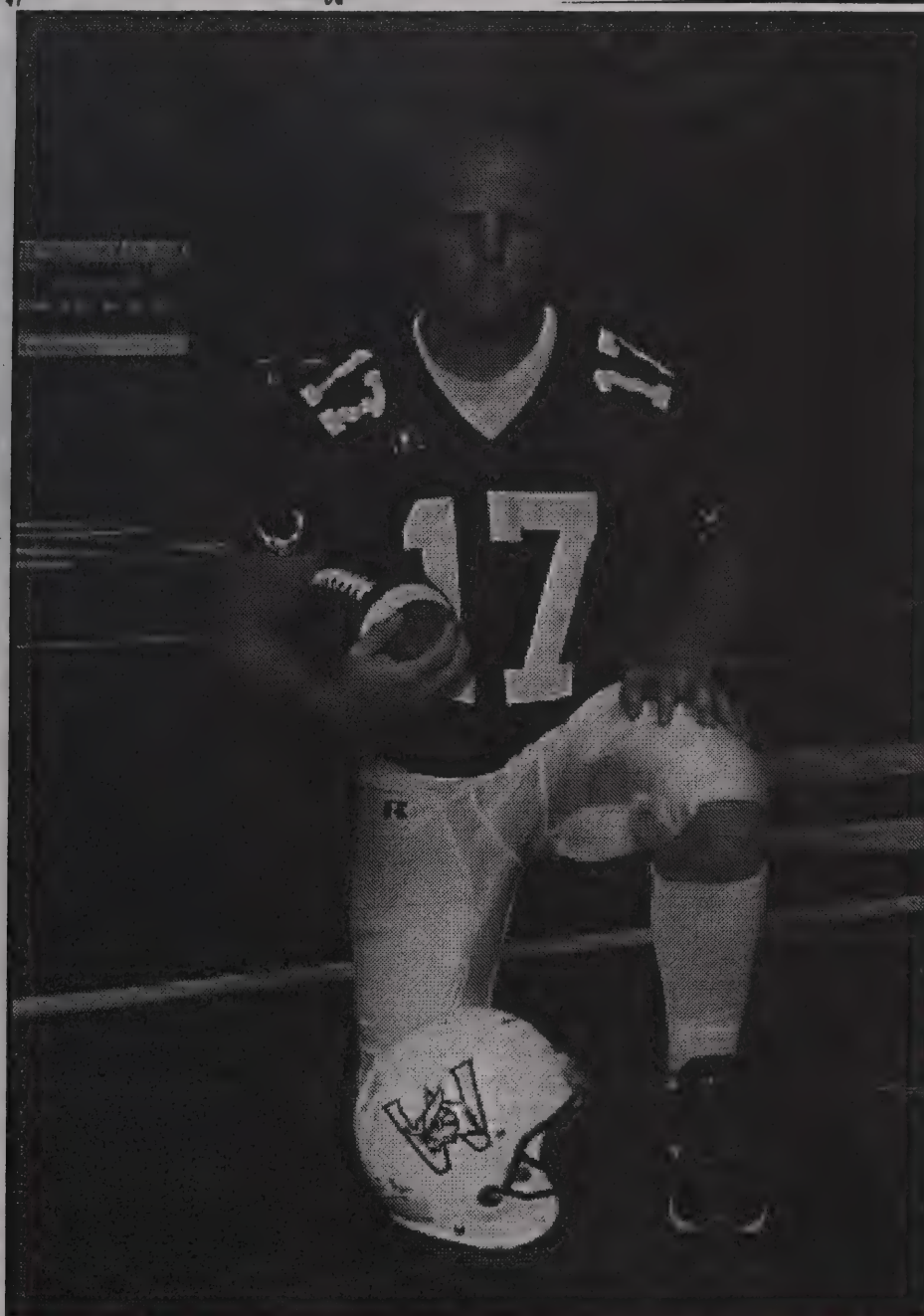
The junior midfielder played in all 16 games for the 5-11 Owls and scored one goal.

EAST BRIDGEWATER STAR

BRIDGEWATER, MA
WEEKLY 3,125
JAN 5 2006



New England Newsclip
AGENCY, INC.



Rick Colburn of East Bridgewater was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. The senior captain was a starting linebacker for the Owls and was the team's third leading tackler with 61 tackles. He led the team in tackles for losses (9) and sacks (2). Colburn received the team's Outstanding Contributor Award.

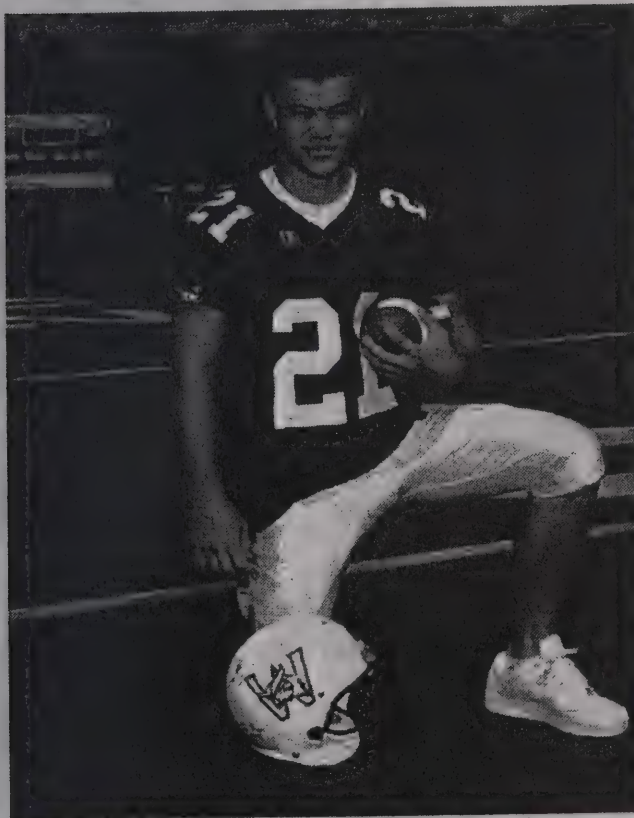
PAGE ONE

QUINCY SUN

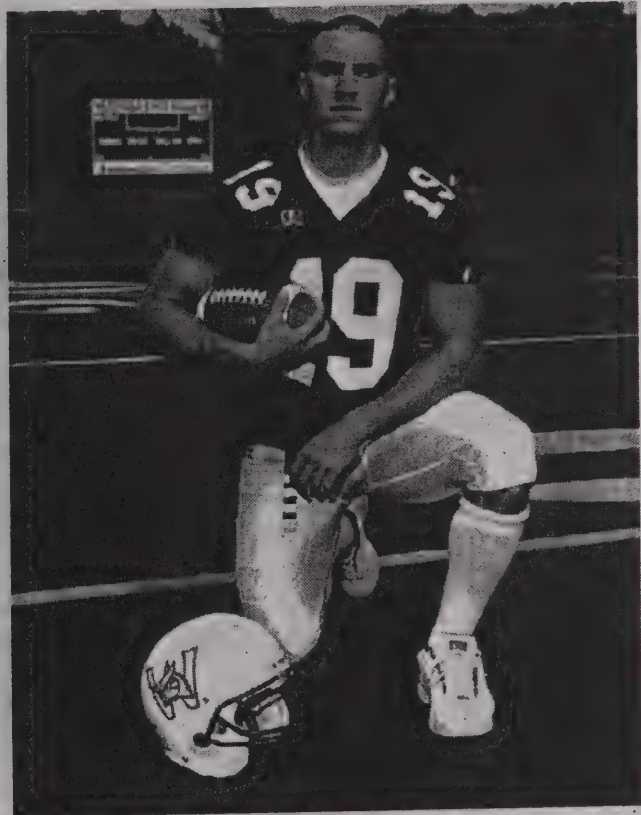
QUINCY, MA
WEEKLY 7,000
JAN 5 2006

New England Newsclip
AGENCY, INC.

Holleran, Lorenzano Lead Westfield State Football



B.J. HOLLERAN of Quincy (North Quincy High School) was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. The senior wide receiver led the 14-team New England Football Conference with 61 catches for 809 yards and five touchdowns. He set two schools records this season - most catches (14) in a game and a longest TD reception of 90 yards.



MIKE LORENZANO of Quincy (Quincy High School) was also member of the Westfield State College football team this past season. The senior was Westfield's starting quarterback. He completed 97 of 204 passes for 1,199 yards and six touchdowns. His favorite receiver was senior wide receiver B.J. Holleran of Quincy, who led the New England Football Conference with 61 catches for 809 yards.

SUN

HOLYOKE, MA
WEEKLY 3,000
JAN 5 2006



New England Newsclip
AGENCY, INC.

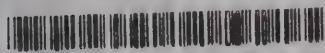
Photo courtesy of
Westfield State College

Chuck Monfett of Holyoke was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. Monfett, a senior, was a starter on the offensive line for the Owls.



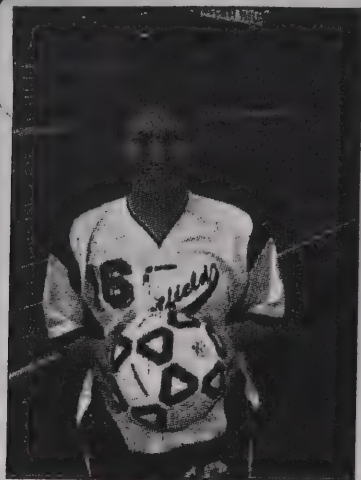
EASTON JOURNAL

FRAMINGHAM, MA
WEEKLY \$,110
JAN 6 2006



New England Newsclip
AGENCY, INC.

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COURTESY PHOTOS

North Easton residents and former Oliver Ames standouts, Crystal Siegel (left) and Jenelle Gerety, played in all 14 games as freshmen midfielders for the Westfield State women's soccer team last fall. Gerety had one goal and one assist for the 5-11 Owls.



PHOTO COURTESY OF WESTFIELD STATE COLLEGE

Matt Pawlishen of South Hadley was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. Pawlishen was a junior reserve line-backer for the Owls and finished with five tackles and one fumble recovery.



PHOTO COURTESY OF WESTFIELD STATE COLLEGE

1/6/06
Brian Roach of South Hadley was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. The sophomore reserve defensive back was a key member of the Owls' punting and kicking teams. He finished the season with nine tackles.

January 6, 2006

TOWN *Reminder*

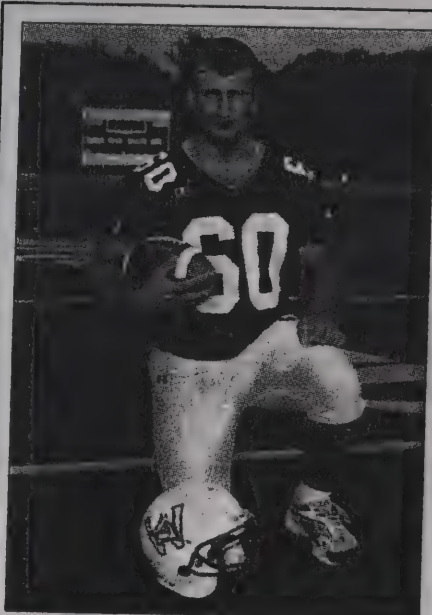


PHOTO COURTESY OF WESTFIELD STATE COLLEGE

Matt Pawlishen of South Hadley was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. Pawlishen was a junior reserve linebacker for the Owls and finished with five tackles and one fumble recovery.

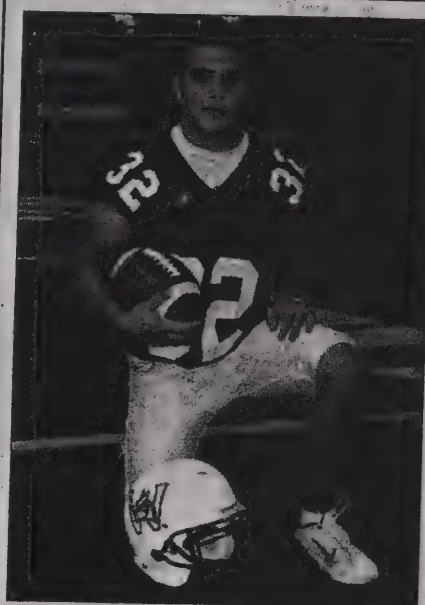


PHOTO COURTESY OF WESTFIELD STATE COLLEGE

Brian Roach of South Hadley was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. The sophomore reserve defensive back was a key member of the Owls' punting and kicking teams. He finished the season with nine tackles.

Jurkowski leads Westfield State to victory

WESTFIELD, Mass. - Senior forward Mike Jurkowski (Belchertown) led a balanced scoring attack with a game-high 23 points in Westfield State's 83-71 victory over Bridgewater State on Tuesday.

It was the Mass. State Conference opener for both teams. Westfield improved to 9-5 overall while Bridgewater is 7-6.

All five starters scored in double figures for Westfield, including senior forward James Ogbunize (Springfield Sci-Tech), who had 14 points and team highs of nine rebounds and four blocked shots.

free throws down the stretch.

Collier and junior forward Curtis Gadles (Pembroke) both scored 14 points and junior point guard Gavin Illangakoon (Ellington, CT) contributed 11 points and a game-high six assists.

Bridgewater, which committed 22 turnovers to Westfield's 10, was led in scoring by Tom Cuddihy (Scituate) with 17 points. Bridgewater 6-9 junior center Tyler Lang (Franklin) had seven points, 13 rebounds and three blocks.

WOMEN'S HOOPS Bridgewater State 70, Westfield State 67

WESTFIELD, Mass. — Senior forward Samantha Curry (Braintree) had game-highs of 24 points, eight rebounds and six steals and senior guard Megan King (Leicester) scored 18 points to lift Bridgewater State by Westfield State, 70-67, on Tuesday.

It was the Massachusetts State Athletics Conference opener for both teams. Bridgewater is 9-3 overall while Westfield dropped to 5-7.

Bridgewater hit Westfield with a full-court press at the outset to take a quick 13-0 lead. The host team gradually cut into the huge early

deficit and trailed 31-28 at halftime. The young and scrappy Westfield club went on an 11-0 run to take a five-point lead, 56-51, with 7:18 remaining.

King and Curry then led the Bears in the closing minutes, combining to score 15 of their final 17 points.

The Owls took a 65-64 lead with 2:37 remaining on a 3-point basket by sophomore reserve guard Betty Dely (Waltham), who came off the bench to score a career-high 21 points.

A jump shot by Curry gave Bridgewater a 68-65 lead with 46 seconds left. Westfield sophomore

Becky Passetto then hit a basket at the 31-second mark that was ruled a two-pointer as her foot barely touched the 3-point arc.

Westfield was forced to foul and King canned two free throws for a 70-67 lead with nine seconds remaining. Lauren Sylvain's game-tying 3-point attempt at the buzzer fell way short and Bridgewater came away with the big road victory.

Also scoring in double figures for Westfield was freshman forward Andrea Wasuk (Lenox) with 16 points. — *Courtesy of Westfield State College Sports Information Department*

WESTFIELD EVENING NEWS

WESTFIELD, MA
WEDNESDAY
JAN 11 2006
\$1.000



New England Newspaper
AGENCY

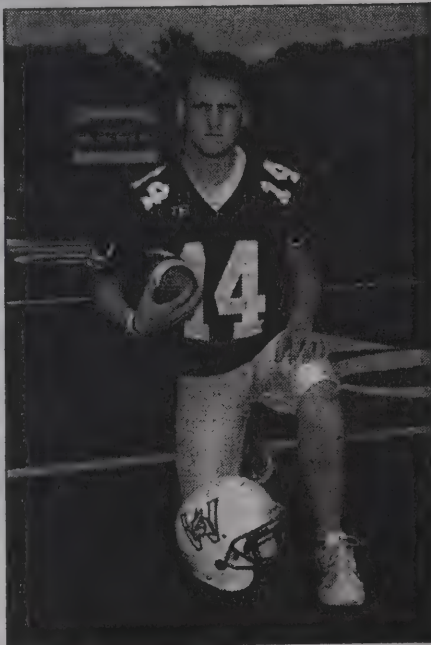


Photo courtesy of Westfield State College

Billy Stewart of Chicopee (Chicopee Comprehensive) was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. Stewart was a sophomore wide receiver and had eight receptions for 62 yards.

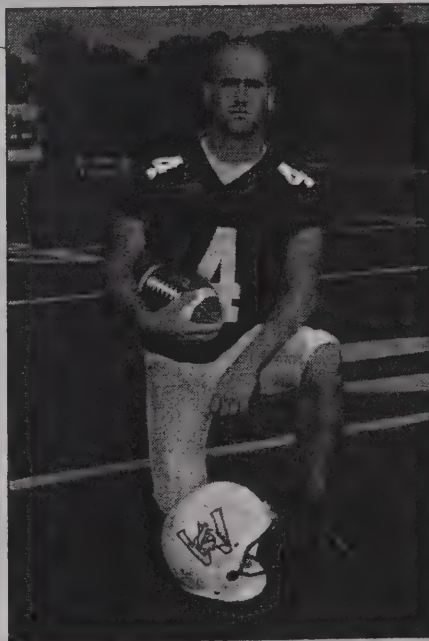


Photo courtesy of Westfield State College

Tim Tontono of Chicopee (Chicopee High) was a member of the Westfield State College football team that finished with a 4-5 record during the 2005 season. The senior wide receiver had 18 pass receptions for 171 yards and one touchdown.

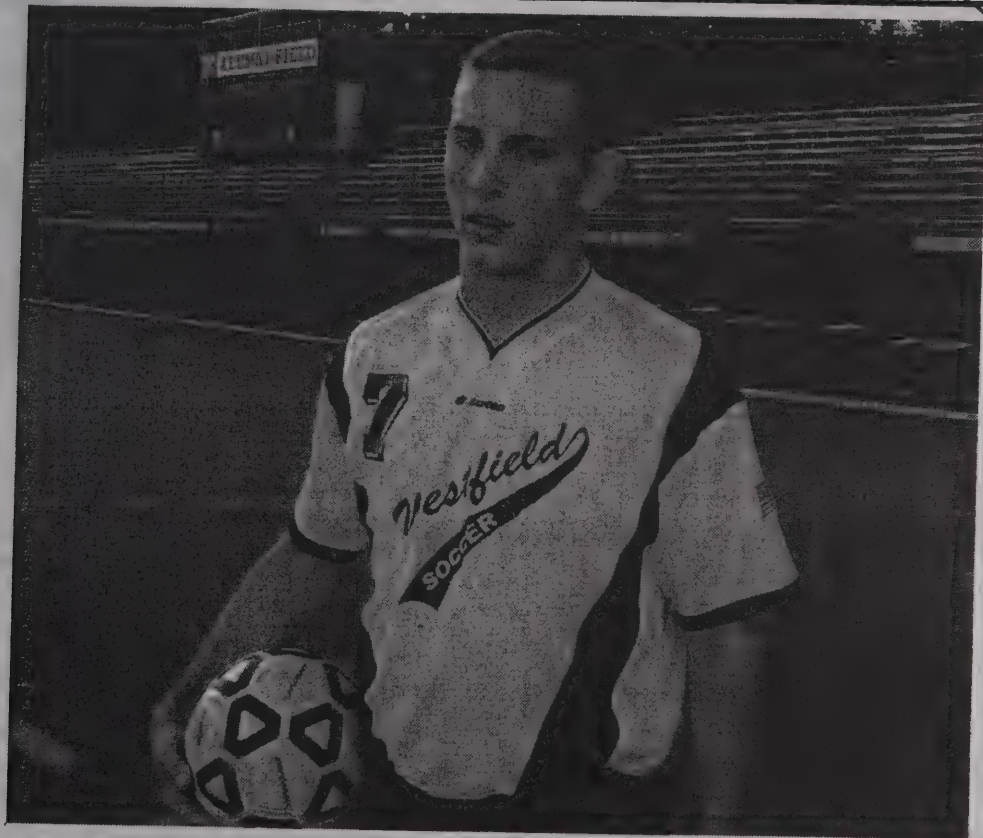
WEST SPRINGFIELD RECORD

WEST SPRINGFIELD, MA
WEEKLY 5,500
JAN 12 2006



New England Newsclip
AGENCY INC

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Defender enjoys successful freshman soccer season

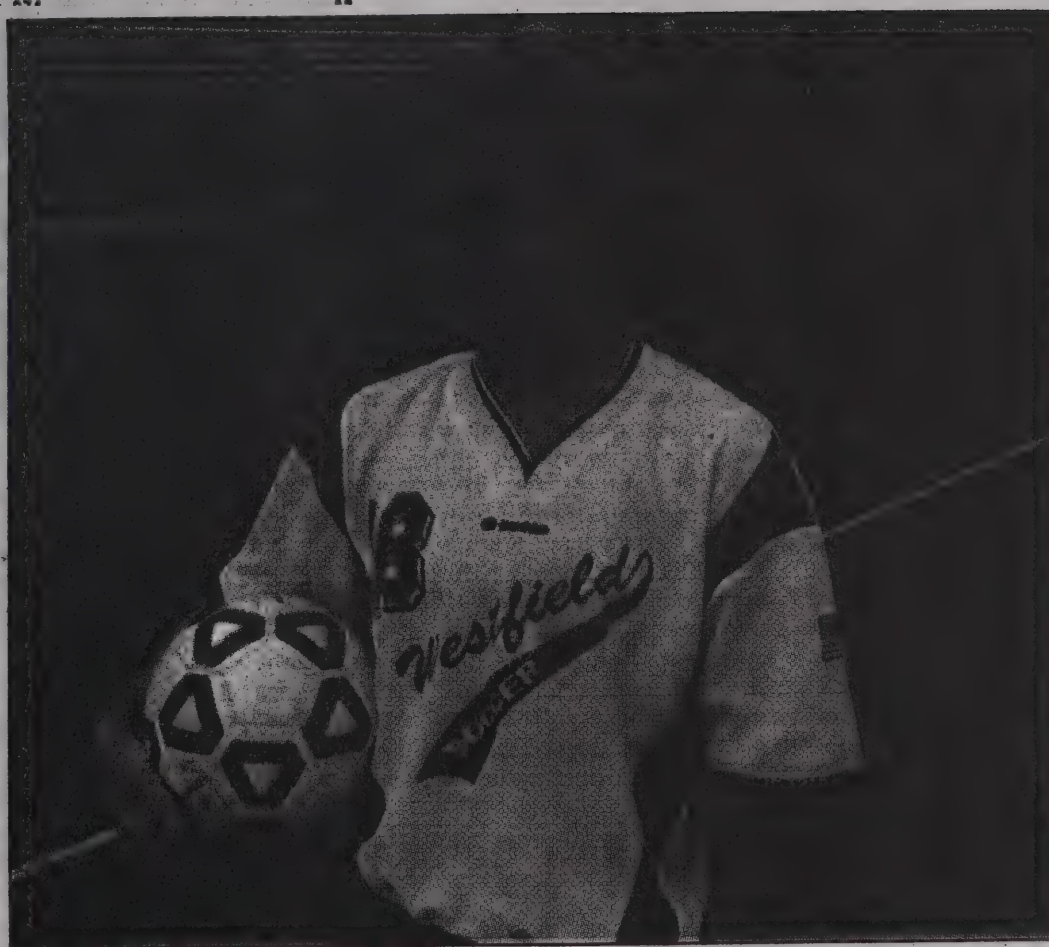
Tim Budri of West Springfield, a graduate of Holyoke Catholic High School, was a member of the Westfield State College men's soccer team during the 2005 fall season. The freshman defender started in all 13 games in which he played.

PEMBROKE MARINER

MARSHFIELD, MA
WEEKLY 2,000
JAN 18 2006



New England Newsclip
ADVERT INC. AM



COURTESY PHOTO

Top defensive player

Jess Coleman of Pembroke was a member of the Westfield State College women's soccer team during the 2005 season. The freshman back was named the team's defensive player of the year. She also scored three goals.

Salem State nets pair against Westfield St.

WESTFIELD — Junior swingman Eric Downie (Medford) scored a game-high 23 points to lead Salem State to a hard-fought 70-63 victory over Westfield State on Tuesday.

Salem upped its record to 9-5 overall and 2-0 in the Mass. State Conference. Westfield dropped to 9-7 and 1-2.

Downie, who leads the conference in scoring (20 points per game), scored 13 of his points in the second half to rally the Vikings from a 36-32 halftime deficit.

Downie drained a 3-point basket to snap a 48-all tie with 8:27 remaining. Westfield regained the lead, 56-55, on two free throws by freshman guard Matt Lynch (Braintree) at the 5:35 mark.

Salem led 61-59 following a 3-point basket by Westfield sophomore guard Tony Collier (Colchester, VT) with 1:45 remaining. The Vikings pulled away by canning seven free

throws in the final minute.

For the game, Westfield only shot 30 percent from the floor, including 4-for-20 from 3-point range, and 17-for-29 from the foul line, including a 7-for-16 effort in the second half.

However, the Owls started the game strong and went on a 17-5 run to take a 31-18 lead with 7:38 left in the first half. Salem regrouped to outscore Westfield 14-5 in the remainder of the first half.

Downie, along with the inside attack of 6-5 junior forward Brandon McCombs (Springfield Sci-Tech) and 6-7 freshman center Dylan Holmes (Groton, Mass.), sparked the comeback. McCombs had 14 points and nine rebounds and Holmes had 12 points and 11 rebounds.

Despite its poor shooting, the Owls made it a tight game by committing just nine turnovers. Salem

See OWLS, Page 9

WESTFIELD EVENING NEWS

WESTFIELD, MA
WEDNESDAY 5,900
JAN 18 2006

OWLS

Continued from Page 7

committed 23 turnovers. The Vikings out-rebounded the Owls, 48-39, and canned 23 of 28 free throws.

Collier was Westfield's only player in double figures with 22 points. Senior forward James Ogbunize (Springfield Sci-Tech) had six points, 10 rebounds and two blocks before fouling out late in the game.

WOMEN'S HOOPS

Salem State 79, Westfield State 63
WESTFIELD, Mass. - Senior center Estrella Kujlan (Lowell) posted game highs of 28 points, eight rebounds and four blocked shots to power the nationally ranked Salem State women's basketball team to a 79-63 victory over Westfield State on Jan. 17.

Salem State, ranked 19th in the latest www.d3hoops.com national poll, improved to 11-1 overall and 2-0 in the Mass. State Conference. Westfield State is 6-9 and 0-3.

The Vikings, with their strong inside game, began pulling away midway through the first half. Salem led at the half, 40-26.

Four players scored in double figures for Salem, which shot a respectable 41 percent from the field. Sophomore forward Lindsey Watkins (Wareham) had 18 points, including a 10-for-14 effort from the

blocked shots. Sophomore guard Michelle Gosselin (Underhill, VT) scored 12 points and junior guard Katelynn Lunnin (South Boston) added 10.

Salem only committed 12 turnovers and blocked 12 shots.

Westfield State freshman guard Lauren Sylvain (Hadley) scored a season-high 23 points, including a 5-

for-9 effort from 3-point range. Freshman guard Mary Muellet (Pleasant Valley, NY) was Westfield's only other player in double figures with 11 points.

The Owls did shoot well from 3-point range (7-for-21) and the foul line (14-for-16). They out-rebounded the Vikings, 44-43, but committed 21 turnovers.

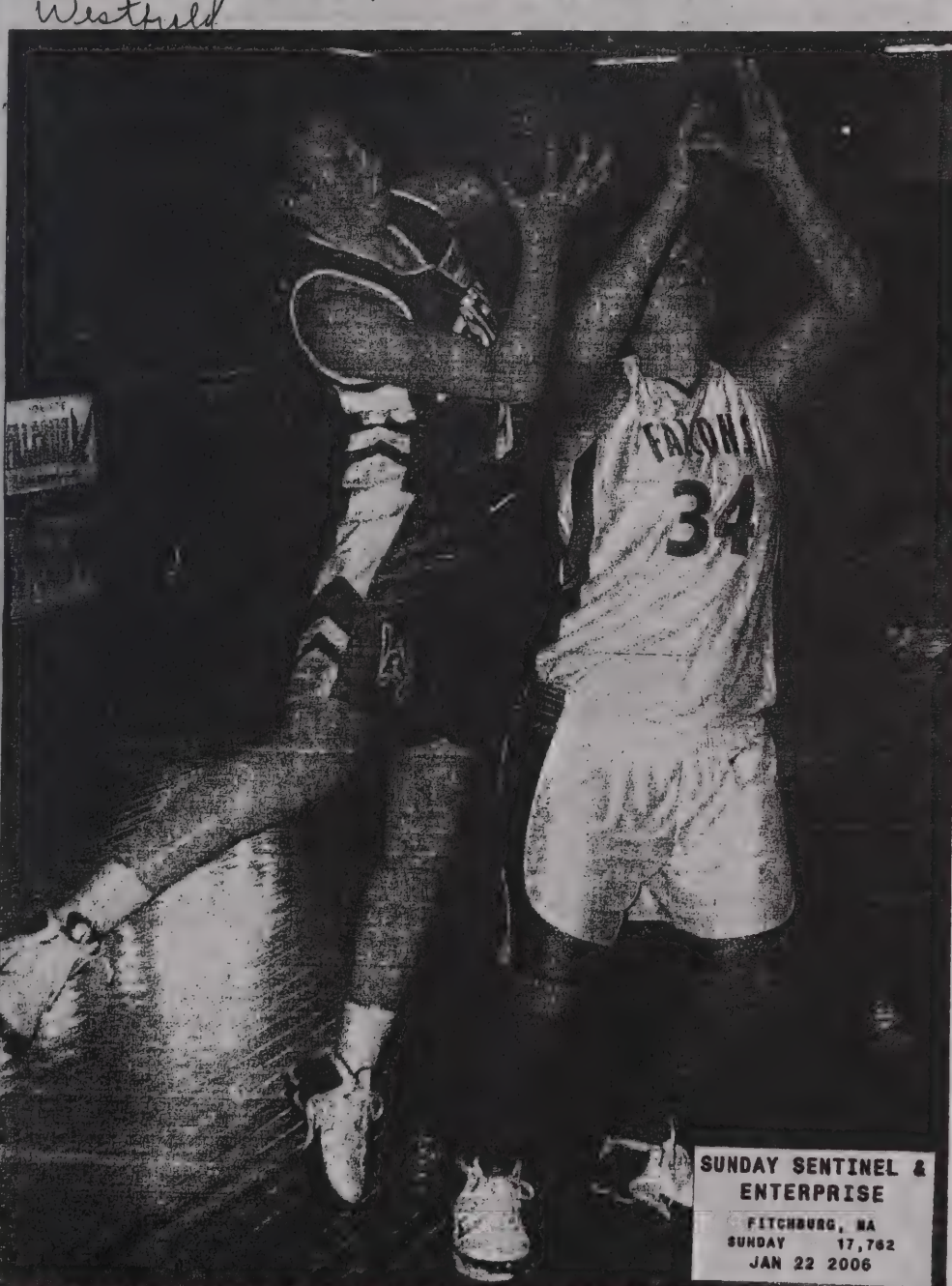
REPUBLICAN

SPRINGFIELD, MA
THURSDAY 01,713
JAN 19 2006

WESTFIELD STATE: Owls sports information director Mickey Curtis is researching whether any Division III men's basketball team has had a 37-0 run like the one WSC put together Jan. 4 in their 86-42 win over Maine-Presque Isle. So far, the closest has been a 29-0 run.

The Owls (9-7, 1-2 Massachusetts State College Athletic Conference) could use another good run. They have dropped two straight in conference and travel to Fitchburg State Saturday.

Westfield State flusters Falcons



Fitchburg State's Merry Donovan (34) has the ball taken away from her by Westfield State's Meghan McCarthy Saturday at the Recreation Center.

Fitchburg State still looking for 1st MASCAC win

WOMEN'S BASKETBALL

Westfield State	63
Fitchburg State	53

By Chris Forsberg
cforsberg@sentinelandenterprise.com

FITCHBURG — You have to want it.

It was the only advice Fitchburg State College women's basketball coach Walter Paschal could dispense to his charges after visiting Westfield State outthrustled and outworked his squad in a 63-53 triumph in a MASCAC matchup Saturday afternoon at the Recreation Center.

The Falcons (8-7, 0-3) watched a double-digit advantage slip away late in the first half behind a

handful of sloppy turnovers and poor foul shooting. Westfield, meanwhile, shrugged off a staggering 28 turnovers and got hot from the perimeter as it pulled away after the intermission.

"You have to want it," said Paschal. "You can say you want it all you want, but you need to actually go out there and do it... just go do it."

These are the times the Falcons really miss senior captain Jen Fontaine, who is out for the season with an ACL injury, and last year's seniors like Cortney Kelley and Jenn Kirkland. The team struggled to get after the ball in the second half and opportunistic Westfield State took advantage.

The young Owls (7-9, 1-3) watched freshman guard Lauren Sylvain drill a trio of trifectas before sophomore guard Betty Daly chipped in three buckets of her

There's a lot of work to do. We've got a long way to go to catch up.'

FSC coach
Walter Paschal

SUNDAY SENTINEL & ENTERPRISE

FITCHBURG, MA
SUNDAY 17,762
JAN 22 2006

SENTINEL & ENTERPRISE / JONATHAN PHILLIPS

Please see **FALCONS / B3**

Falcons fall to Westfield State

2082

FALCONS From B1
own on a spirited 21-7 run
that morphed Fitchburg's
32-28 advantage into an
insurmountable 49-39 lead
for Westfield with 7:55
remaining.

"We had a lot of travels,
but there wasn't a lot of those
'oh-my-god' bad passes that
hurt us," said Westfield coach
Andrea Bertini. "I think our
turnovers came out of our
aggressive play and making
aggressive passes and moves
against Fitchburg's zone
defense. Walter does a great
job with this team defensive-
ly and we worked for three
days on how to break that 2-
1-2 press."

The Falcons put together
a 16-4 spurt of their own
late in the first half and
D'Yana Delpero sandwiched
a pair of 3-pointers around a
Diana Doyle layup for a 24-
14 advantage with 4:35 to
play in the frame.

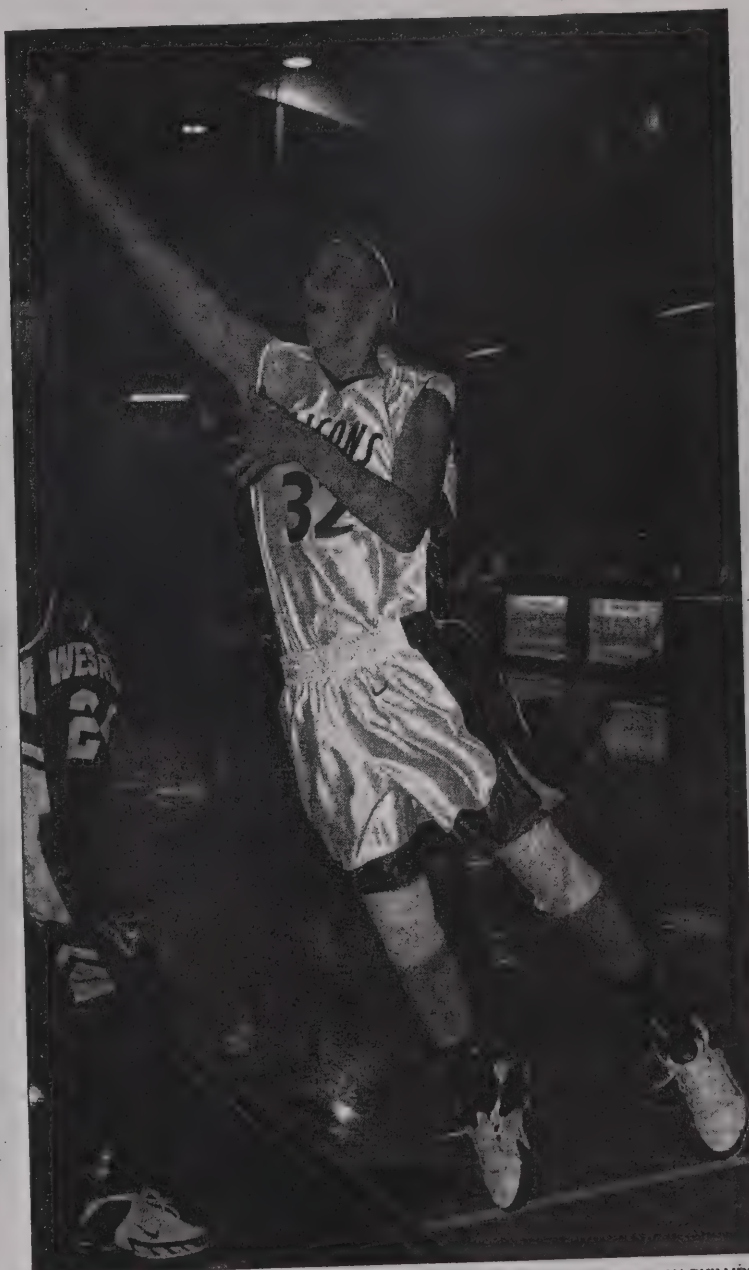
Foul trouble reared its
ugly head before Westfield
received a 3-pointer from
senior Meghan McCarthy to
help the Owls take a 26-24
lead into the intermission.

The game would be tied
twice before Westfield hit
three consecutive shots from
behind the arc — two by Syl-
vain and another by fresh-
man Mary Mueller — for a
lead it wouldn't relinquish.

"We had silly turnovers
and we missed our own free
throws," said Paschal. "We
were up (24-14), but we just
weren't hungry for the ball
in the second half."

One play in particular
drew Paschal's ire as an
errant Westfield shot
bounced in the blocks below
the Fitchburg goal while the
Falcons stopped as if the
whistle had blown. The ball
skipped harmlessly out of
bounds, but it could have
led to another of the second-
chance baskets that helped
Westfield rally.

"You can't teach the
desire," said Paschal. "Last
year we had Cortnev Kelley,



SENTINEL & ENTERPRISE / JONATHAN PHILLIPS

Fitchburg State's Steph Payette soars in for a layup
against Westfield State Saturday.

happening so far this year."

Senior Katie Redican did
provide a great hustle play
in the first half with a steal
that culminated in her call-
ing for a timeout before
slamming into the scorer's
table. Unfortunately, that
fiery attitude fizzled as
Westfield made its run right
after that.

Westfield placed three
players in double figures as
freshman Andrea Wasuk and
Dely each finished with 14
points and Sylvain chipped
in 11. McCarthy provided the

throughout the night.

"(McCarthy) is the heart
and soul of our team," said
Bertini. "She's a maniac on
defense and she got every-
one fired up."

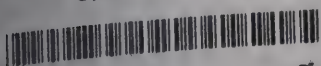
Freshman Steph Payette
registered team highs with
13 points and 13 rebounds,
while Delpero finished with
11 points and Merry Dono-
van kicked in nine more.

The Falcons closed to with-
in five on two occasions late
in the game, but Westfield
had the answer each time.

"There's a lot of work to
do," said Paschal. "We've got

10-11-12





New England Newspaper
AGENCY, INC.

Owls a dual threat

FITCHBURG — Senior forward Mike Jurkowski (Belchertown) scored a game-high 21 points and grabbed nine rebounds to lead Westfield State to a 73-64 victory over Fitchburg State in a foul-marred game Jan. 21.

Westfield improved to 10-7 overall and 2-2 in the Mass. State Conference. Fitchburg is 5-10 and 0-3.

The Owls won despite making only 17 field goals the entire game. They were 36-for-48 from the foul line, including a 21-for-28 effort in the second half when they pulled away in the final six minutes.

Fitchburg State was 19-for-29 from the foul line, including 11-for-19 in the second half. There were a total of 55 personal fouls in the game, including 32 against Fitchburg State.

Fitchburg led twice early in the game and took its only second-half lead, 50-49, on a lay-in by Albert Ortiz (Fitchburg) with 8:37 remaining.

With the score tied at 53-all, Westfield went on an 13-4 run for a 66-57 lead with 2:20 remaining. The Owls canned nine straight free throws during the mini-run.

Fitchburg closed to within four points, 66-62, with 1:28 remaining, but the Owls held on in the final minute.

Sophomore guard Tony Collier (Colchester, VT) scored 17 for the Owls, including a 9-for-11 effort from the charity stripe. Junior point guard Gavin Illangakoon (Ellington, CT) made 12 of 14 free throws to finish with 16 points.

Freshman center Andrew Vayo (Waterville, ME) led Fitchburg with

LADY OWLS UP TO TASK TOO: Freshman forward Andrea Wasuk (Lenox) and sophomore reserve guard Betty Dely (Waltham) tied for game-high scoring honors with 14 points to lead Westfield State to a 63-53 victory.

It was the first Mass. State Conference victory for Westfield, which improved to 7-9 overall and 1-3 in the MASCAC. Fitchburg is 8-7 and 0-3.

Dely's 3-point basket with 7:55 remaining gave the Owls their biggest lead of the game, 49-39. The Falcons closed to within four points, 53-49, with 4:04 remaining, but sophomore reserve forward Becky Passetto (Housatonic, MA) nailed a 3-pointer to push the Westfield lead back to seven at the 3:30 mark.

Passetto scored all nine of her points in the second half, when the Owls began pulled away with a 3-point barrage. Westfield trailed by four points, 32-28, four minutes into the second half, but four Owls then combined to make six second-half treys.

Freshman guard Lauren Sylvan (Hadley) shook off a first-half shooting slump as she made three 3-point baskets in a four-minute span of the second half; she finished with 11 points.

For the game, the Owls shot 8-for-16 from beyond the arc, including 6-for-8 in the second half. They also canned 13 of 18 free throws. Fitchburg, meanwhile, was 4-for-21 from three-land and only made 5 of 16 free throws.

The Falcons did have an early 21-14 lead, but the Owls went on a 12-3 run over the final six minutes of the first half to take a 26-24 lead.

Freshman forward Steph Payette (Townsend, MA) led the Falcons with 13 points and 13 rebounds.

REPUBLICAN

SPRINGFIELD, MA
FRIDAY 91,713
JAN 27 2006



New England Newsclip
AGENCY, INC.

Fast start propels Westfield

By DICK BAKER
rbaker@repub.com

The Westfield State College men's basketball team took care of business early in defeating Framingham State 82-61 in a Massachusetts State College Athletic Conference contest at Framingham last night.

The Owls (11-7, 3-2) jumped out to a 21-2 lead over the first seven minutes to knock the

Local roundup

Rams (7-9, 2-4) out of contention.

Junior Curtis Gadles led Westfield with 18 points while knocking down 6 of 10 from the field. Senior forward Mike Jurkowski was right behind with 17 points while converting 7 of 13 from the floor.

Gavin Illangakoon (15 points) and Tony Collier (10) also reached double figures for Westfield.

WNEC 58, Norwich 41: Western New England (8-8, 6-3) held Norwich (13-4, 9-2) to 23.1 percent from the field in the second half to pull away to the Great Northeast Athletic Conference victory at WNEC's Alumni Healthful Living Center.

The Golden Bears outscored the Cadets 33-16 in the second half after the teams fought to a 25-25 stalemate in the first half.

Jon Godbout recorded a game-high 17 points and Deon Thomas chipped in with 12 points for the winners.

Pace 81, AIC 75: Neal Wellington totaled 165 of his game-high 24 points in the second half as visiting Pace overcame an 11-point deficit with just under 16 minutes remaining.

John Huggins led four Yellow Jackets in double figures with 22 points. Teammate Dexter Gregory pulled down 14 rebounds and had 13 points on 5 for 6 shooting from the field.

Jenar Harrison had 12 points and Jeff Dosado added 11 for American International (9-10, 5-9).

The Yellow Jackets led 42-33 at the break, but were outscored 48-33 in the second half.

STCC 76, Holyoke Community 44: Craig Hamilton led the host Rams (15-5) with 30 points and 17 rebounds while Ahmed Di-aite also pulled down 17 rebounds to go along with 12 points.

Andy Owens had 15 points, Zach Miller 13, and Mickey Rivera 11 for Holyoke.

WOMEN'S BASKETBALL

Pace 62, AIC 56: The Yellow Jackets (15-4, 10-4) dropped their second game in a row for the first time this season, bowing to red-hot Pace (16-4, 11-4) in a Northeast-10 contest at Butova Gymnasium.

The Yellow Jackets broke out to a 9-0 lead, but got torn apart as the half went along by Pace's seven 3-pointers on 14 attempts. At halftime, Pace held a 39-26 lead. Stephanie Klingele knocked down five of those baskets from behind the arc.

The Yellow Jackets, still feeling the absence of post player Jen Nnanna from an illness, were led by Sharmion Selman with 22 points. Debbie Sampson added 11 points in 20 minutes in a losing cause.

AIC junior point guard Alissa Rubino had seven assists and only two turnovers in addition to grabbing eight rebounds.

Westfield State 58, Framingham State 54: Senior Meghan McCarthy of Belchertown scored 14 points and added seven assists to lead the visiting Owls (8-9, 2-3 MASCAC).

Lauren Sylvain of Hadley hit a 3-pointer to break a 51-51 tie and put the Owls up for good. After a Framingham miss, sophomore Betty Deley added another three-pointer to stretch the lead to six.

Katie Sylvan, Andrea Wasuk, and Dely all had 11 points for the Owls.

Holyoke Community 70, STCC 32: Dom Finkley scored a game-high 17 points and Sam Wohlers added 15 for HCC (5-10).

MEN'S HOCKEY

Stonehill 5, WNEC 1: Cathedral High School graduate Anthony Zanetti scored the first goal of the game, and later added an assist as Stonehill improved to 8-6 with the win over the Golden Bears (3-10-3) at the Olympia Ice Center in West Springfield.

DAILY HAMPSHIRE GAZETTE

NORTHAMPTON, MA
TUESDAY 18, 576
JAN 31 2006



New England Newspapers
AGENCY, INC.

Westfield

Men's swimming & diving
Amherst 227, Connecticut 59; Amherst 156, MIT 142 — Rick Estacio and Connor Boyd each won two events as the Jeffs swept the tri-meet Saturday in Cambridge.

Estacio finished first in the 100- and 200-yard backstroke races. Boyd won both the one- and three-meter diving events.

University of Massachusetts swimmers Evan Swisher and Mike Prout were named the Atlantic 10 co-performer of the week and rookie of the week, respectively, after they led the Minutemen to a 188-11 win over Fordham Saturday.

Swisher won the 100- and 200-yard backstroke races and swam on the first-place 200-yard medley relay team.

Prout, a member of the U.S.

Paralympic Team, established U.S. records in his disability classification in the 500- (4:59.92) and 1,000-yard (10:18.01) freestyle races.

Women's swimming & diving

Amherst 186, Connecticut 89; Amherst 173, MIT 116 — Mary Marvel of Williamsburg, Brittany Sasser and Meaghan Stern led the Jeffs who swept the tri-meet Saturday in Cambridge.

Marvel won the 50-yard freestyle and the 100-yard butterfly and swam on the first-place 200-yard freestyle relay team with Stern, Margaret Ramsey and Lisa Pritchard. Sasser finished first in the 100- and 200-yard backstroke races and the 200 individual

medley. She, Ramsey, Piper Peterson and Erin Morrison also won the 200-yard medley relay. Stern was first in the 100- and 200-yard freestyle races.

Women's basketball

Westfield State College freshman guard Katie Sylvain of Hadley was named to the Massachusetts State College Athletic Conference honor roll after she totaled 20 points and 11 rebounds in two wins for the Owls (9-9, 3-3) last week.

Muhlenberg College junior center Meghan Courtney of Southampton, a graduate of Amherst Regional, was named the Centennial Conference player of the week for the second time in three weeks.

Courtney averaged 17.7 points and 11.3 rebounds as the Mules (16-2, 11-2) won two of three games last week. Courtney had double-doubles with 20 points and 12 rebounds in an overtime loss at Franklin & Marshall and 21 points and 14 rebounds in a 52-38 win over Gettysburg.

Women's ice hockey

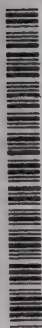
Amherst College goaltender Stacey Johnston was named the New England Small College Athletic Conference player of the week after she led the Jeffs to three wins last week.

Johnston made 26 saves in a 2-1 win over St. Anselm, 17 saves in her second shutout of the season 5-0 over Trinity, and 39 saves in a 3-2 victory against Hamilton.

COLLEGE ROUNDUP

WESTFIELD EVENING NEWS

WESTFIELD, MA
MONDAY 5,900
JAN 30 2006



New England Newspapers
AGENCY, INC.

15

Owls close out first half of MASCAC slate on upswing

WESTFIELD — The Westfield State College men's basketball team concluded the first half of Massachusetts State Conference play by cruising to an 82-61 victory over MCLA on Saturday.

The Owls improved to 12-7 overall and 4-2 in the conference. MCLA is 2-16 and 0-6.

Westfield jumped out to a 16-2 lead in the first eight minutes of the game, but it only led by seven, 26-19, at halftime as it struggled offen-

sively. MCLA stayed close at the intermission despite shooting only 21 percent (6-for-29) from the field.

Westfield cranked things up in the second half by outscoring the visitors, 56-42. The Owls took their biggest lead, 66-38, with six minutes remaining.

Twelve players got into the scoring column in the Owls' balanced attack. Senior forward Mike Jurkowski (Belchertown) had a team-high 12 points and seven

rebounds. Scoring 10 points apiece were junior guard Gavin Illiangakoon (Ellington, CT) and junior forward Curtis Gadles (Pembroke).

Westfield senior center James Ogbunize (Springfield) played another solid game with nine points, 10 rebounds, three assists and three blocked shots. Ogbunize leads the conference in rebounding and blocked shots.

MCLA senior guard Thad Broughton (Peabody) scored a

game-high 18 points; he was the only Trailblazer scoring in double figures.

WOMEN'S HOOPS

Westfield State 52, MCLA 44

The Westfield State women's basketball team overcame a game-long shooting slump for a hard-earned 52-44 victory over MCLA on Saturday.

Westfield is now 9-9 overall and 3-3 in the Mass. State Conference. MCLA is 5-11 and 0-6.

Westfield only led 19-17 at halftime as it shot 25 percent from the

floor, including 0-for-11 from point range against MCLA's zone defense.

Trailing 31-27 midway thru the second half, the Owls went on a 10 run to take a 39-31 lead with 4:00 remaining. Freshman guard Laur Sylvain (Hadley) scored seven points, including a trey, during the key run.

The Owls made nine free throws in the final two minutes to seal the victory.

Women's basketball records key road victory at Fitchburg

JAN 2006

FITCHBURG, Mass. — Freshman forward Andrea Wasuk (Lenox) and sophomore reserve guard Betty Dely (Waltham) tied for game-high scoring honors with 14 points to lead Westfield State to a 63-53 victory over Fitchburg.

It was the first Mass. State Conference victory for Westfield, which improved to 7-9 overall and 1-3 in the MASCAC. Fitchburg is 8-7 and 0-3.

Dely's 3-point basket with 7:55 remaining gave the Owls their biggest lead of the game, 49-39. The Falcons closed to within four points, 53-49, with 4:04 remaining, but sophomore reserve forward Becky Passetto (Housatonic, MA) nailed a 3-pointer to push the Westfield lead back to seven at the 3:30 mark.

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point barrage. Westfield trailed by four points, 32-28, four minutes into the second half, but four Owls then combined to make six second-half treys.

Freshman guard Lauren Sylvan (Hadley) shook off a first-half shooting slump as she made three 3-point baskets in a four-minute span of the second half; she finished with 11 points.

For the game, the Owls shot 8-for-16 from beyond the arc, including 6-for-8 in the second half. They also canned 13 of 18 free throws. Fitchburg, meanwhile, was 4-for-21 from three-land and only made 5 of 16 free throws.

The Falcons did have an early 21-14 lead, but the Owls went on a 12-3 run over the final six minutes of the first half to take a 26-24 lead. Freshman forward Steph Payette (Townsend, MA) led the Falcons with 13 points and 13 rebounds.



The Westfield State women's basketball team is announced to the large crowd that attended Midnight Madness. All of the Westfield State spring semester student-athletes were honored at the Jan. 24 Pep Rally event, which was sponsored by the Student-Athlete Advisory Board (SAAB). The spotlight was on more than 200 athletes representing the following spring semester teams: men's basketball, women's basketball, women's swimming and diving, competition cheering, men's track and field, women's track and field, baseball, and softball. The Midnight Madness festivities included basketball shooting contests, relay races, and performances by the Westfield State Dance Team and Step team. The Midnight Madness event was funded fully thru an NCAA Division III initiative grant of \$2,000.

Comp cheering squad places sixth at nationals

By Katie Effler

Athletics Depart. Student Intern

Westfield State's coed competitive cheering team placed sixth nationally at the Universal Cheerleaders Association's (UCA) National College Cheerleading Championship on Jan. 13.

The UCA hosts the national competition each January at the Disney theme parks in Orlando, Fla. This was Westfield State's seventh trip to the nationals.

Westfield State competed in the small coed II division. Twelve teams were in this division, including Northern Kentucky University, Orange Coast College, Delta State University, and Columbus State University. In this division, restrictions are placed on the number of men each team can have.

Coach Lisa Moskow said the trip to nationals was a "very positive experience" for Westfield State. "This was the most successful year

in terms of the execution of the routine."

Not only does the Disney trip allow Westfield State to perform on a national level, but it's also an opportune time to bond as a team. When Westfield State was not competing, it was participating in team building activities and exploring the theme parks.

"Everything we did was as a team," said junior captain Tara Phienbouphe, who also noted that getting to know the team better was her favorite part of the trip.

Westfield State also found the time to support other teams. It has a strong friendship with the all women's team from Southern Connecticut State, a team they go to camp with every year.

Westfield State attends UCA's summer camp where it learns new cheering and dance routines. A criterion for participating in nationals is to send the UCA com-

mittee a videotape displaying your team's cheering routine and crowd leading skills.

"During the routine you take things one step at a time. If something happens to go wrong you have to leave it behind and move on to the next skill," said senior Jessica Hart, "And no matter what happens, smile."

"Before going out on the mat we all huddle up and put our left hand in because it's closer to our hearts and anybody can say words of encouragement. Then together we all yell '.....GO BIG BLUE,'" Hart continued.

Westfield State's next cheering competition is Feb. 18 at the University of Connecticut. To learn more about the cheering team visit <http://students.wsc.ma.edu/mfaetra8129> or the Westfield State athletics page at <http://www.WestfieldStateOwls.com>.

WESTFIELD EVENING NEWS

WESTFIELD, MA
TUESDAY 5,900
JAN 31 2006



New England Newsclip
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WHS '05 grad Aubrey Cook among parade of winners for Westfield St.

WESTFIELD — The Westfield State College swimming and diving team cruised to a 146-115 victory over Saint Joseph (Conn.) College on Jan. 25.

Senior standout Vanessa Morton was a double winner, placing first in the 50 breaststroke (36.40) and the 500 freestyle (5:36.70). She also was a member of the winning 200 medley relay team.

Also placing first were: freshman Cairsten Beanland (Westford) in the 200 individual medley (2:34.8), senior Jaclyn Casali (Natick) in the 200 freestyle (2:17.82), sophomore Kara Phelan (Chelmsford) in the 50 backstroke (33.25), sophomore Melissa Blain (Somers, Conn.) in the 100 butterfly (1:09.54), freshman **Aubrey Cook (Westfield)** in the 50 freestyle (27.76), and junior Katie Piquette (Seekonk) in the 50 butterfly (30.51).

WESTFIELD EVENING NEWS

WESTFIELD, MA

THURSDAY 5,900

FEB 2 2006



New England News Group
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Westfield State wins fourth straight game

BRIDGEWATER — The Westfield State College Owls used a strong second half and a balanced scoring attack to defeat Bridgewater State, 71-59, at the Tinsley Center in Bridgewater.

With the victory, the Owls improved to 13-7 on the season and 5-2 in the MASCAC as they won their last four games. Bridgewater falls to 10-8 overall and 4-3 in con-

ference play as the Bears' modest three-game winning streak comes to an end.

Westfield outscored Bridgewater 38-18 in the second half to erase a 41-33 halftime deficit. Bridgewater hit on only 7 of 31 (23%) field goal attempts in the second stanza including 0 for 12 from three-point range.

The Owls had five players in double figures led by freshman guard

Dave Jaclning (Quincy, MA) who finished with 14 points and 9 rebounds. Junior guard Gavin Illangakoon (Ellington, CT) added 14 points and 6 assists, while junior forward Curtis Gables (Pembroke, MA) chipped in with 13 points and 7 boards.

Senior forward James Ogbunize (Staten Island, NY) finished with 11 points and 9 rebounds, while senior forward Mike

Jurkowski (Belchertown, MA) posted 11 points and 8 boards.

BSC junior center Derek Thompson (Hyannis, MA) had a tremendous all-around game for the Bears as she scored a game-high 22 points on 9 of 11 shooting. Thompson also pulled down a game-high 11 rebounds, and registered 4 assists and 2 blocked shots.

The Bears are now off until

Saturday when they travel to Framingham, Mass. to play State College. Westfield is also back in action Saturday afternoon as its hosts Worcester State at 3 p.m.

GIRLS: Bridgewater State College women's basketball team won its 10th straight game and improved to 16-3 on the season, defeating MASCAC rival Westfield State, 77-64, Tuesday.

Sunday Republican, February 5, 2006

Westfield St. 88, Worcester St. 66:
Gavin Illangakoon and Tony Collier each scored 24 points as

the Owls won their fifth straight.

Westfield State (14-7, 6-2 Massachusetts State College Athletic Conference) avenged a five-point loss to the Lancers in Worcester and is in sole possession of second place behind Salem State.

Mike Jurkowski added 14 points, Curtis Gadles had 11, and James Ogbunize scored nine points with seven rebounds and had six of Westfield's 13 blocked shots.

Ryan Hopkins scored 16 points for Worcester (9-11, 4-4).

Thinking baseball on football's Big Game day

The rain was hard and steady. Fog was creeping as slowly as a burglar in a dark house.

A good night to stay at home.

If there was a blessing, the rain wasn't snow, or freezing and turning to ice, the streets weren't slick, just wet and shiny.

The weather hinted late March, but it was still football season, the Super Bowl a week away.

Inside the Woodward Center at Westfield State College, rain and fog were rumors, football an afterthought.

Here, on Western Avenue, under fluorescent lights, on a green rubberized rug, from 6 to 9 p.m., while most of the world was preparing for a Monday morning, it was baseball season.

The first hint was Ray Arra.

He was wearing a blue Westfield State baseball hat; glasses; a black short-sleeved windbreaker; khaki pants; and black New Balance sneakers.

ers. He was holding a small white towel.

Ray went into a wind-up, using the white towel to demonstrate following through when throwing a pitch. Surrounded by a dozen boys ranging in age from 9 to 18, he does this three times.

"Watch," he said.

"See," he said.

"I learned that from a kid from USC, who I saw on the Cape League," Ray added.

Westfield State College's baseball clinic doesn't open for another 15 minutes.

Ray is 65, a retired middle school teacher. After graduating Needham High School in 1959, he pitched two years of Class D baseball in the Pittsburgh Pirates system. He has been coaching baseball since 1962. Add up all his victories and they come to nearly 600. Three years ago he was inducted into the Massachusetts Baseball Coaches Hall of Fame. This is his second year as head coach of his alma mater.

The fourth annual winter baseball clinic, which has been sold out for weeks, is held over five Sundays - 15 hours of instruction - until the next-to-last Sunday in February with the hope of raising more than \$20,000 to supplement the Owls' nine-day trip to Florida in March.

Westfield State plays and trains in Port Charlotte, the former home of the Texas Rangers.

"First class all the way," Ray says. "These kids stay in nice condos, but they have to earn their keep. And earning their keep means giving back what they know to these kids."

That is why there are 29 members of the Owl baseball team, dressed in gray T-shirts, blue caps, and white baseball pants, all of them giving up their Sunday nights to instruct more

than five dozen boys in the finer points of the game.

One kid is dressed in a Jim Thome Phillie uniform top. Another wears a T-shirt that reads, "Cowboy Up." It doesn't seem to matter that Thome is a Chicago White Sox and Kevin Millar, who came up with the "Cowboy Up" slogan is a Baltimore Oriole.

There are more Washington Nationals hats - red with a white scripted W - than you would think in Red Sox Nation. A smattering of Astro and A's and Dodger caps, too, along with a fair share of the dark blue and interlocking NY.

The kids jog, stretch, run bases. They hit off tees, one lower than the other. When they hit off the higher tee, they are to hit the ball to the right side. Two long cages with black netting are assembled. Kids grab bats, don helmets. Westfield State players throw batting practice.

Pitchers take turns throwing off of green fiberglass mounds. The pop of fastballs into the mitts of catchers echo in the 36,000 square-foot gym.

There is individual and group instruction. Nearly 100 people moving like characters in a well-choreographed play.

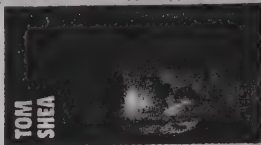
In one drill, Russ Lloyd, a sophomore pitcher/outfielder from Palmer, keeps reminding players to keep their elbows as high as their shoulders when they throw. Assistant coach Fred Perry of Agawam reminds players in another drill "Hands up, you want to make a picture frame for your partner."

There are so many picture frames you'd think the Woodward Center was a museum.

Today, Super Bowl Sunday, the clinic will take place from 1 to 4, allowing everyone time to get home for the opening kickoff.

They'll root for the Steelers or the Seahawks. And, they will be back at the Woodward Center, sleet snow or rain next Sunday. Because spring is just around the corner.

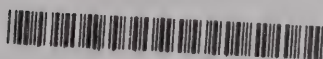
Tom Shea can be reached at tshea@repub.com.



TOM SHEA

WESTFIELD EVENING NEWS

WESTFIELD, MA
MONDAY 5,900
FEB 6 2006



New England Newsclip
AGENCY, INC.

Westfield St. nets big win

WESTFIELD — Junior point guard Gavin Illangakoon (Ellington, Conn.) and sophomore guard Tony Collier (Colchester, Vt.) both scored 24 points to lead Westfield State to a resounding 88-66 victory over Worcester State on Saturday.

The streaking Owls won their fifth straight game and improved to 14-7 overall and 6-2 in the Mass. State Conference. Westfield State is in sole possession of second place in the conference and plays at first place Salem State in a huge conference game this Tuesday.

Worcester State, which defeated Westfield 72-67 earlier this season, dropped to 9-11 and 4-4.

Illangakoon scored 16 of his career high 24 points in the first half as the Owls led 51-34 at the intermission. Westfield bolted to an early 17-5 lead following an explosive dunk by James Ogbunize (Springfield, Mass.) with 13:57 remaining. The Owls' biggest first-half lead was 42-20 following a 3-point basket by Collier at the 5:10 mark.

Worcester drew to within 14 points in the second half, but Westfield pulled away in the final six minutes, taking a commanding 76-53 lead with 5:30 remaining.

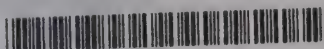
The Owls played well both offensively and defensively. They were 9 for 22 from 3-point range and 29 for 36 from the foul line. The aggressive Westfield defense blocked 13 shots and outrebounded Worcester, 39-29.

Ogbunize had a career-high six blocked shots - one shy of the school record - despite only playing 20 minutes because of foul trouble.

Also Saturday, Worcester State rallied from a 16-point second half deficit to defeat the Lady Owls, 69-65, in a key Mass. State Conference clash.

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 91,713
FEB 8 2006



New England Newsclip
AGENCY, INC.

334

Local players gain honors

By JEFF THOMAS

jthomas@repub.com

Westfield State College point guard Gavin Illangakoon was named Massachusetts State College Athletic Conference player of the week Monday.

The junior from Ellington, Conn., sparked the Owls' two wins last week over Worcester State and Bridgewater State.

Illangakoon, who came to the United States as an exchange student from Melbourne, Australia, scored a career-high 24 points in the win over Worcester State and scored 14 in the win over Bridgewater State.

He is averaging 9.3 points a game and a MASCAC-best 4.3 assists per game.

SPRINGFIELD: East Longmeadow's Derek Yvon was the New England Women's and Men's Athletic Conference co-player of the week.

Yvon averaged 24.5 points a game in a 2-0 week, including a season-high 32 points in a win over Wheaton. He also averaged 6.0 rebounds a game.

He shared the honor with WPI forward Antoine Coleman.

ELMS: Freshman forward Antoine Holder was named North Atlantic Conference rookie of the week after averaging 15.3 points and 8.6 rebounds over three games last week.

Holder is second on the Blazers in scoring at 12.3 points and rebounding at 6.1.

Men's notebook

Over that same three-game span, all wins, junior guard John Ancrum 18 points and 7 assists, including a career-high 35 points against Johnson State and a season-high 12 assists against Lesley.

Elms (15-6, 10-1) is in first place in NAC West and plays second-place Lasell tomorrow in Chicopee.

WNEC: Western New England senior guard Jon Godbout did not tie the school's career mark for 3-pointers, as reported here last week.

A miscalculation by the school occurred while tallying the career numbers of Godbout. He hit three more last night against Southern Vermont and moved ahead of Peter Wininger (143) for second place with 144. Gerry Toney's record of 171 appears safe.

The Golden Bears (10-10, 8-5 Great Northeast Athletic Conference) lead the conference in 3-point field goal percentage (.406). Godbout is second in the GNAC (.457).

AMHERST: The battle for the New England Small College Athletic Conference title will come down to this weekend.

Amherst (20-2, 6-1), Trinity (16-4, 6-1) and Bates (19-3, 6-1) all have sights on the title, with Trinity possibly in the best position.

The Bantams need to win

home games Friday with Tufts and Saturday against Bates to claim the title. Bates could also win the title with a pair of wins, but both its games are on the road.

Because Trinity defeated Amherst and holds the tie-breaker, the Lord Jeffs need to beat Bates Friday and Tufts Saturday and hope Trinity suffers a loss as well.

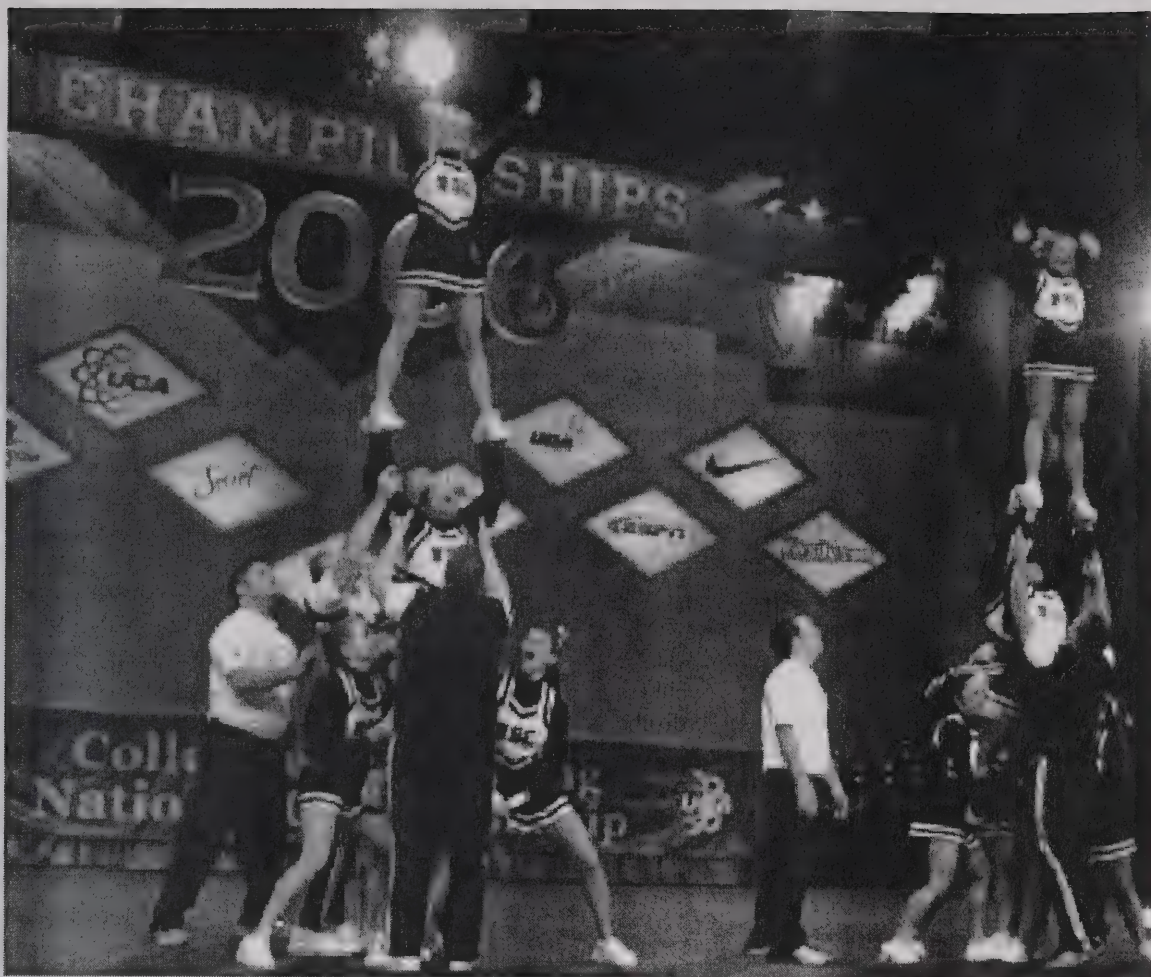
Tufts (17-4, 5-2) is still in the picture as well. If the Jumbos beat Trinity and Amherst this weekend and Bates drops a game, they will be the regular season champions.

AIC: The Yellow Jackets of American International aren't ready to celebrate but they have already improved on last year's win total in the Northeast-10 and match their total wins from a year ago.

AIC won two straight before last night's home loss to No. 23 Saint Anselm. The 11-11 overall record tied the number of wins last year and the 7-10 conference mark exceeded last year's by one.

That .500 record before last night marks the latest AIC has been .500 in a season since it was 12-10 after 22 games in 2001-02.

Senior guard John Huggins scored 26 points in the road win over Franklin Pierce, moving him into fifth place on the school's all-time scoring list. He has 1,681 career points. Major Jennings (1976-80) is up next with 1,730 points.



Westfield State's competition cheering squad performs at the national finals in Orlando, Fla.

Photo By Mike Coughlin

Owls rally at Bridgewater

Feb 2006

BRIDGEWATER - The Westfield State men's basketball team used a strong second half and a balanced scoring attack to defeat Bridgewater State, 71-59, Jan. 31.

With the victory, the Owls improve to 13-7 on the season and 5-2 in the MASCAC as they won their last four games.

Westfield outscored Bridgewater 38-18 in the second half to erase a 41-33 halftime deficit. Bridgewater hit on only 7 of 31 (23%) field goal attempts in the second stanza including 0 for 12 from three-point range.

The Owls had five players in double figures led by freshman guard Dave Jaehnig (Quincy, MA)

who finished with 14 points and 9 rebounds. Junior guard Gavin Illangakoon (Ellington, CT) added 14 points and 6 assists, while junior forward Curtis Gadles (Pembroke, MA) chipped in with 13 points and 7 boards.

Senior forward James Ogbunize (Staten Island, NY) finished with 11 points and 9 rebounds, while senior forward Mike Jurkowski (Belchertown, MA) posted 11 points and 8 boards.

Women's Basketball

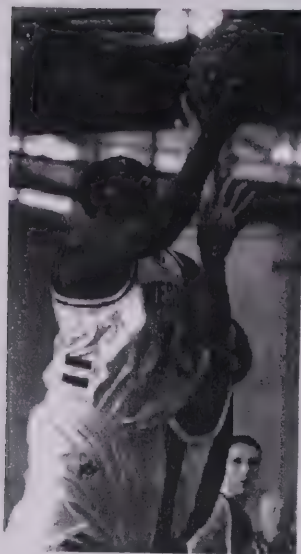
Bridgewater 77 - Westfield 64

The Bridgewater State women's basketball team won its 10th straight game and improved to 16-3 on the season, defeating

MASCAC rival Westfield State, 77-64, Tuesday, Jan. 31.

The Bears, who swept the season series from the Owls for the first time since the 1988-89 season, are off to the program's best start since 1986-87 when BSC finished with a 22-3 record. Bridgewater remains perfect in conference play with a 7-0 mark, while Westfield (9-10) dips to 3-4 in the MASCAC standings.

Westfield was led by freshman guard Lauren Sylvain (Hadley, MA) who registered a double-double with 25 points and 10 rebounds. Sylvain scored 9 of her points during the Owls' late 14-2 run. Betty Dely (Waltham, MA) scored 13 points.



Feb 2006

James Ogbunize

James Ogbunize rises to the top

By Scott Sandler

Athletics Department Student Intern

James Ogbunize joined the Westfield State men's basketball team as a freshman walk-on with no high school basketball experience. Four short years later, he is a take-charge senior center who is a conference leader in rebounding and blocked shots.

Ogbunize moved from Staten Island, N.Y., to Springfield, Mass., after his freshman year of high school. He enjoyed playing basketball, but he didn't play in high school because his uncle wanted him to concentrate on his grades.

His uncle's persistence helped Ogbunize graduate from high school and get accepted to Westfield State.

"I didn't really play much. I played mostly street ball," Ogbunize said. "I just played a little YMCA pickup ball...I used to live with my uncle and he was kind of strict with the grades. I was fooling around a little bit in high school and he said school work first so I had to give that up."

His uncle seems to have made the right choice because Ogbunize is succeeding at Westfield State College both academically and on the basketball court.

"My grades aren't too bad now. I'm averaging like a 2.5 or 2.6," Ogbunize said.

Westfield State men's basketball head coach Rich Sutter has high praise for his hard-working senior captain.

"As a person he embodies so many of the qualities that I admire and respect in people," Sutter said. "As his coach, he has proven to have great leadership abilities as well and that's something that has made my job a lot easier this year."

"He has really blossomed into a great student and a great athlete and someone who is really consistent with the model for Division III athletics."

Ogbunize has also become an outstanding player in the Mass. State Conference. He leads the conference in blocked shots (2.7 per game), and ranks second in field goal shooting (61 percent) and rebounding (7.9 per game). He is averaging 8.9 points per game. These numbers are a dramatic upgrade from his first three seasons with the Owls, including his junior year when he averaged 6.1 points, 4.1 rebounds, 1.3 blocks, and 16 minutes played per game.

"James kind of leads by example, but when he does say something everyone listens real closely," Sutter said.

An example of how Ogbunize is a team leader, along with how his shot blocking ability can affect a game, was displayed earlier in the season vs. Maine Presque when the Owls went on an improbable 37-0 scoring run, which may be an NCAA record.

Sutter said the team had not really been playing very well for three straight halves, and then something just clicked. In fact, the Owls only led 41-37 when they started the scoring run.

According to teammate Tony Collier, Ogbunize ignited the scoring run with a huge momentum-swinging play.

"James blocked a shot at one end and then got out and had a huge dunk on the other end to lead us on a 37-0 run," Collier said. "It was really that play that got us going."

Ogbunize led the team in that game with 16 points, eight rebounds and three blocked shots.

Sutter referred to former Boston Celtic great Bill Russell to explain the kind of presence that Ogbunize is in the low post.

"Like Bill Russell once said, 'it's not that you block every shot but having the opponent think that you are going to block every shot,'" Sutter said. "He is changing shots without even having to leave his feet and that's the presence of a true shot blocker."

Baseball team hopes veterans plus freshman will equal a winning season

Feb 2006

BY KATELYN KENNEDY

VOICE REPORTER

After losing in their second straight year in the Mass State Conference, the members of the Westfield State baseball team are confident that they will win it all this season. "We're young and we have a lot of effort and this will help us come in first in the league and win our tournament," said Captain Pat Jaehnig.

With a record of 15-21, Westfield made the conference and lost to Worcester and was then eliminated by Fitchburg in the 2005 tournament. "Worcester is one of our biggest rivals but I think we have what it takes to beat them

this year in conference," said Jay Hardell, a junior who plays right field.

Sophomore pitcher Steven Burndrett said that he's very anxious to start the season. "I'm looking forward to winning 20 plus games, making the MASCAC (Massachusetts State College Athletic Conference) regular season and playoffs and then qualifying for regionals," said Burndrett.

Shane Higgins, an outfielder, said that he feels the team has been short changed in the past and this year he hopes for a better showing in the MASCAC.

The team is scheduled to play several nationally ranked

teams at the start of their season in Florida. "Going down to Florida for Spring break gives our team a head start by playing outside and helps with team bonding," said Hardell.

The team is returning this year without All-Conference player Troy Ferguson and catcher Christopher Hebert. "They were a very important part of our team but their holes will be filled with good talent," said Higgins. Jaehnig said that Ferguson and Hebert will be missed but pitching is what is going to carry their team this year.

There are seven freshmen joining the team this season with

Continued on Page 3

Salem women overtake Owls

SALEM, Mass. — Senior center Estrella Kuilan (Lowell) had a game-high 21 points to lead Salem State to a hard-earned 71-51 victory over Westfield State.

Westfield played the heavily favored Vikings on even terms for most of the first 30 minutes. The Owls held a 23-17 lead, but a 9-2 run gave the Vikings a 26-25 half-time lead.

Salem began pulling away in the second half and took its first

double digit lead, 54-43, with 7:29 remaining.

Field goal shooting was the key second-half statistic. Both teams shot 28 percent from the floor in the low-scoring first half. In the second half, Salem shot 49 percent while Westfield only shot 19 percent.

Westfield State had three players score in double figures. Sophomore forward Becky Passetto (Housatonic) led the way with 12 points.

Indoor track and field results

The Westfield State men's and women's indoor track and field teams placed fourth and sixth, respectively, at the Smith College Tartan Classic Feb. 4.

Westfield compiled 105 points in the nine-team men's meet. The Owls earned 44 points in the 13-team women's meet. Williams placed first in both meets.

Freshman Jared Esposito recorded Westfield's only first place, winning the 55 hurdles in 8.22.

Westfield Men's Results

FIRST PLACE — Jared Esposito, 55 hurdles, 8.22.
SECOND PLACE — Eric Kelly, 55 hurdles, 8.29; David Richardson, high jump, 6-4.
THIRD PLACE — Ron Ricciarrelli, 55 dash, 6.95; Ben Butterfield, 200, 23.73; John

Messer, mile run, 4:26.13; Brandon Palmer, 55 hurdles, 8.30; Brandon Palmer, long jump, 21-10.

FOURTH PLACE — Matt Shannon, 200, 23.99; Shawn McCorquodale, long jump, 21-4; Chris Flynn, triple jump 41-3.

FIFTH PLACE — Ben Butterfield, 400, 52.67; Matt Shannon, high jump, 6-0.

SIXTH PLACE — Robbie Crossman, 600, 1:28.18; Jared Esposito, high jump, 6-0; Matt Shannon, long jump, 20-2; Chris Jewell, shot put, 43-3/4; Nathan Landry, weight throw, 41-1.

Westfield Women's Results

SECOND PLACE — Megan Karagiozis, high jump, 4-10.

THIRD PLACE — Claire Glabach, 400, 1:04.18.

FOURTH PLACE — Marlee Berg, 400, 1:04.27; Kesley Teal, pole vault, 8-1.

FIFTH PLACE — Marianne Mealey, 3000, 11:03.1; Heather Wenninger, 5000, 19:02.78; Bessie Joyce-Grikis, pole vault, 7-7.

SIXTH PLACE — CC Costello, triple jump, 31-3.

Congratulations, Seniors

Westfield State's seniors were honored during their final home swim meet on Feb. 4. Left to right are: Adam Green, Lindsey Bartosz, Vanessa Morton, Nikki Crowe, Shannon McMahon, and Jaclyn Casali.

Photo By Katie Effler



Senior center James Ogbunizes caps the Owls' victory at Salem State with a dunk in the closing seconds. *Photo By Mickey Curtis*

Feb 2006



Meghan McCarthy was one of three seniors honored during Westfield State's final regular season home basketball games Feb. 16. Also honored were James Ogbunize and Mike Jurkowski.

Feb. 2006

Women's Hoops Makes Playoffs

NORTH ADAMS – Sophomore guard Becky Passetto (Houstanic) scored 16 points to lead the Westfield State women's basketball team to a 66-52 victory over MCLA on Saturday, Feb. 18.

Westfield improved to 12-13 overall and 6-6 in the Mass. State Conference in its regular season finale.

The Owls' next game was Friday, Feb. 24, when it played No. 1 seed Salem State in the conference tournament semifinals.

The undermanned but scrappy MCLA finished 7-18 and 0-12.

Westfield led 31-24 at halftime

and began pulling away from MCLA in the final 10 minutes of the game, leading by as many as 18 points.

Freshman reserve guard Mary Mueller (Pleasant Valley, NY) scored 13 points for Westfield and sophomore guard Betty Dely (Waltham) added 12.

Kristen Lewis had game highs of 19 points and 11 rebounds for MCLA. Teammate Danielle Tyer totaled 15 points and 11 rebounds. Westfield shot 45 percent from the field with Passetto canning 6 of 8 baskets. The Trailblazers only shot 24 percent from the field.

Owls stun Salem, 88-73; take over first place

Illangakoon scores 39 points

By Scott Sandler

Athletics Dept. Student Intern

SALEM, Mass. — A brilliant 39-point scoring outburst by junior point guard Gavin Illangakoon led Westfield State to an 88-73 victory over Salem State in a Mass. State Conference (MASCAC) showdown Feb. 7.

The huge victory vaulted Westfield into sole possession of first place with a 7-2 conference record. The Owls are 15-7 overall. Salem is now 14-7 and 6-2.

"The win feels good but talk to

me at the end of the season," said Westfield State head coach Rich Sutter, whose team has three regular season games remaining: home vs. Fitchburg and Framingham and away at MCLA.

The Owls played outstanding on both ends of the court as they jumped out to a 20-point lead, 34-14, with 5:30 left the first half. The Vikings battled back to within 11 points, 39-28, at halftime.

Salem's smallest deficit in the second half was six points, 56-50, with 8:30 remaining. But paced by

Illangakoon's incredible shooting, the Owls maintained control and pulled away in the closing minutes.

Illangakoon scored 24 of his career-high 39 points in the second half. He was 11-for-16 from the field, 6-for-8 from the 3-point line, and 11-for-12 from the foul line.

"It was one of those good days, everything was going in," said Illangakoon.

"It was the best performance I've seen since I've been here," said Westfield's eighth-year head coach. "He controlled the game from start to finish."

On the Owls taking over first place Illangakoon said: "It feels great to be in first place, I haven't been in first since I got here, it was the sweetest win."

The Owls played an outstanding defensive game as they stole the ball 11 times, blocked six shots, and frustrated the Vikings into three technical fouls.

"I thought we hung in when we had to," Sutter said. "Curtis (Gadles) and Tony (Collier) did a great job keeping (Eric) Downey in check."

Although Downie — the MASCAC's leading scorer — had 20 points, he was 6-for-15 from the field and 0-for-4 from 3-point range.

"He (Downie) is a really good player and I couldn't have covered him without the help of my team," said Gadles. "They helped by cutting off his lanes to the hoop."

Westfield had four players score in double figures. James Ogbunize was the Owls' second highest scorer with 13 points. Dave Jaehnig and Gadles each had 10 points.

Offensively, the Owls did not shoot well from the field (37 percent) but they continued their stellar free throw shooting. Westfield was 31-for-39 from the foul line, including 24-for-28 in the second half.

"I didn't realize we shot as many as we did; it helped us sustain the lead," Sutter said. "Early in the year, free throw shooting was our Achilles heel. Now we are getting the ball into the right guys' hands — like Gavin."

In another key statistic, the Owls only committed seven turnovers.

"It was key down the stretch," Sutter said. "And our players hustled and made plays to save us from committing turnovers."



Westfield State junior point guard Gavin Illangakoon poured in 39 points in the Owls' big victory at Salem State on Feb. 7. Illangakoon also was named conference player of the week after scoring a then career-high 24 points in an 88-66 victory over Worcester State on Feb. 4.

Photo By David Harris-Fried

Morton Wins New England Swim Crown

SPRINGFIELD - Westfield State senior Vanessa Morton capped an outstanding collegiate career by winning the 100 freestyle at the New England Intercollegiate Swimming Championships at Western New England College.

Morton won her first New England championship with a time of 54.92 in the 100 freestyle. Morton defeated second place finisher Kelly Yankowski of Keene State by more than a second (55.93).

"Vanessa finished her college career on a great note," said Westfield State head coach. "And she dominated the 100 meters from start to finish."

Last year Morton placed a close second in the 100 freestyle New England finals with a school record time of 54.81.

In Friday's opening day competition, Morton did set a school record with a second place finish in the 50 freestyle. Morton's time of 25.33 broke her former mark of 25.42. In Friday's trials, Morton was clocked in 25.40.

Placing first in the 50 freestyle was the University of New England's Courtney Burdick with a time of 25.25.

Team-wise, Westfield State placed ninth in the 22-team meet with 354 points. Go to the following Web site for complete results - www.WestfieldStateOwls.com.



Vanessa Morton

Feb. 2006

Track Places 7th At New Englands

CAMBRIDGE - The Westfield State men's indoor track and field team finished seventh at the New England Division III championships held Feb. 18 at MIT.

Williams defended its team title with 153; the Ephs won five events. Westfield totaled 33 points, trailing Brandeis (35) and Coast Guard (36).

Westfield freshman standout Brandon Palmer placed second in the long jump (22-8 3/4) and seventh in the 55 hurdles (8.13).

All American David

Richardson finished second in the high jump. Richardson and Tufts' Jeremy Arsic both cleared 6-7 1/2, with the Tufts sophomore taking first based on fewer misses.

Freshman Jared Esposito placed fourth in the 55 hurdles (7.95). Finishing fifth were John Messer in the 1,000 meter run (2:32.91) and sophomore Matt Shannon in the high jump (6-5).

Earning points with eighth place finishes were Shawn McCorquodale in the long jump (21-3) and Chris Flynn in the triple jump (43-6 1/4).



Westfield State senior football player Wayne Browning, left, receives a certificate and a laser engraved Westfield State Athletics key chain during the academic reception that honored student-athletes who completed the fall 2005 semester with cumulative grade point averages of 3.0 or higher.

Photo By Katie Effler

Feb. 2006

Athletes Honored For Academics

By Mickey Curtis, SID

147 Westfield State College students have been recognized as scholar-athletes for completing the 2005 fall semester with cumulative grade point averages of 3.0 or better.

The 3.0 Club represents approximately 40 percent of the student-athletes at Westfield State College. In addition, 45 percent of the student-athletes (166 of 370) earned a 3.0 or better semester grade point average.

"We are very proud of all our student-athletes; the way they perform on the playing fields and in the classroom," said Westfield State athletics director Richard Lenfest. "I would especially like to thank the faculty, staff and coaches for their support and guidance."

The 3.0 Club students were honored Thursday evening, Feb. 16, at a reception in the Woodward Center second floor lounge area.

The following is a sport-by-sport breakdown of Westfield State's scholar-athletes:

BASEBALL: Jason Brown, Aaron D'Amario, Jeremy Dillon, Michael Fain, Shane Higgins, Ross Hildonen, Garrett Kendziera, Russell Lloyd, and Joe Salvucci.

CHEERING: Peter Appleby, Amy Baia, Seth Clark, Mike Coughlin, Michelle Faletra, Jessica Hart, Tiffany Holt, Samantha Knight, Lindsey Legendre, Sammie Monroe, Sara Raymond, Patricia Rudd, Ashley Sulham, and Jackie Williams.

FIELD HOCKEY: Melissa Alcorn, Kate Anderson, Heather Beninati, Ashley Brogan, Catherine Hanks, Caroline Insigne, Emily Tansey, Kerry Terpstra, and Jacqui Turner.

FOOTBALL: Wayne Browning, Matt Burzdak, James Demco, Geoff Farrington, James Fennelly, Joe Hobin, Garrett Kendziera, Doug Landry, Adam Lapon, Phillip Malone, Akin McCall, Matt Pawlishen, Brett Ralph, Craig Regnier, Justin Sargent, Jared Schumann, Matt Shannon, Dan Stern, William Stewart, Timothy Thomas, Michael Williams, and Ryan Wood.

MEN'S BASKETBALL: Curtis Gadles, Gavin Illiangakoon, Dave Jaehnig, and Mike Jurkowski.

MEN'S CROSS COUNTRY: Michael Clark, Ivan Cordero, Nate Cristofori, Robbie Crossman, Dave Estabrook, Phil Gingras, John Krzystofik, Jon Kunhardt, Kyle Lawson, Andrew Strmiste, and Eric Walker.

MEN'S TRACK AND FIELD: Mike Clark, Ivan Cordero, Nate Cristofori, Robbie Crossman, Jared Esposito, David Estabrook, Chris Flynn, Phil Gingras, Chris Jewell, Sean Kavanagh, John Krzystofik, Ronald Ricciarelli, Ian Riley, Matt Shannon, Daniel Stern, Andy Strmiste, and Jovaney Toledo.

MEN'S SOCCER: Anthony Azevedo, Tim Budri, John Callahan, Adam Cutter, Marcin Ludkiewicz, Evan Mazzaglia, Ronald Ricciarelli, Michael Thompson, and Brian Womersley.

SOFTBALL: Mary Cunningham, Kara Doleva, Rosemary Dowling, Samantha Palczynski, Jennifer Raymond, and Rebecca Sadlowski.

WOMEN'S BASKETBALL: Katrina Crotts, Kim Hogan, Rebeka Lent, Meghan McCarthy, Mary Mueller, Becky Passetto, Kristen Strole, Katie Sylvain, Lauren Sylvain, and Andrea Wasuk.

WOMEN'S CROSS COUNTRY: Caitlin Bates, Linda Drohan, Meghan Lynn Karagiozis, Marianne Mealey, Jillian Slyva, Heather Wenninger, and Colleen Wimberly.

WOMEN'S TRACK AND FIELD: Heather Beninati, Marlee Berg, Katherine Bertman, Caitlin Costello, Jessica Delosa, Kelsey Eckness, Claire Glabach, Maureen Jones, Elizabeth Joyce-Grikis, Meghan Lynn Karagiozis, Elizabeth Manning, Marianne Mealey, Kelly Raposo, and Heather Wenninger.

WOMEN'S SOCCER: Jaclyn Bastarache, Jennifer Bruno, Claire Glabach, Emily Johnson, Jessica London, Melissa McCarthy, Julia Paone, Kristin Pellegrinelli, and Rebecca Sadlowski.

SWIMMING AND DIVING: Alexis Anthony, Lindsey Bartosz, Cairsten Beanland, Melissa Blain, Hannah Cicerone, Nicolette Crowe, Christine Lalli, Laura Morganeli, Michelle O'Brien, Katharine Piquette, Briana Sommer, Allison St. Clair, Rachel Webb, and Marianne Wilson.

VOLLEYBALL: Ashley Bergeron, Ashley Conway, Lindsay Dalene, Laura Duprey, Elissa Genereux, Krista Grifoni, and Joelle Hibert, and Rachel Sweeney.

Owls Capture MASCAC Title

Feb. 2006

NORTH ADAMS — Junior forward Curtis Gadles (Pembroke) scored a season-high 26 points to power the streaking Westfield State men's basketball team to a 77-55 victory over MCLA in the regular season finale Feb. 18.

The road victory clinched a share of the Mass. State Conference championship for the Owls, who finished with a 10-2 record along with Salem State. It is Westfield's second conference title and its first in 20 years.

Both Westfield and Salem competed the regular season with identical 18-7 records. But the Owls earned the all-important home court advantage for the conference's postseason tournament based on tiebreaker criteria No. 2. Westfield swept the season series with third place Bridgewater State while Salem split with Bridgewater.

The conference tournament semifinals were scheduled for Friday, Feb. 24, at the Woodward Center. Westfield played No. 4 seed Worcester State at 8:00 p.m., while Salem and Bridgewater squared off in the first game at 6:00 p.m. The championship game was scheduled for Westfield State, on Saturday,

Feb. 25, at 2:00 p.m.

The Owls ran their winning streak to nine straight as they began pulling away from the Trailblazers late in the first half. The 18 victories are the second most in school history; Westfield's 1993 NCAA Tournament team compiled a 22-6 record.

Leading outmanned MCLA 20-19 with 6:51 left in the first half, Westfield went on 19-4 run to take a 39-23 halftime advantage. Gadles keyed the run by making two 3-pointers in the final 45 seconds, including a 40-foot bank shot at the buzzer.

The Owls displayed their depth and talent at the outset of the second half, racing to a 49-28 lead in the first three minutes. Their biggest lead was 28 points, 66-38, with 8:16 remaining.

Westfield continued its balanced scoring. Junior point guard Gavin Illangakoon (Ellington, CT) and sophomore reserve guard Andy Deffer (Beverly) both scored 11 points. Sophomore guard Tony Collier tallied 10 points. Senior center James Ogbunize (Springfield) had eight points and game highs of 10 rebounds and four blocked shots.

Owls' win streak halted in tourney

WESTFIELD, Mass. — Senior point guard Ryan Hopkins poured in 31 points to power Worcester State to a 70-53 victory over Westfield in the semifinals of the Mass. State Conference tournament.

"That was a good as we could possibly play, especially on defense," said Worcester State men's basketball head coach Dave Lindberg, whose team split its regular season series with Westfield. "It was a huge defensive effort; that was a key to winning the game."

Westfield State finishes its season with an 18-8 record. The loss snapped a nine-game winning streak.

"It was a tough way to end the season," said Westfield State head coach Rich Sutter. "We didn't play well in any area; we didn't shoot well and we didn't have enough intensity on defense. We had to play better on both sides of the ball and we didn't."

Hopkins was nearly unstoppable and he was the only Worcester player to score in double figures. He was 9 for 20 from the field and 11 for 12 from the foul line. He scored 21 of his points in the second half, including 13 straight during a key four-minute stretch.

The Owls could never get untracked in the first half as they shot 26 percent from the field and trailed at the intermission, 33-17.



Left to right: Mike Jurkowski, Gavin Illangakoon and James Ogbunize were all-conference selections in the Mass. State Conference, while teammate Dave Jaehnig was Rookie of the Year.

Vanessa Morton is a winner

By Katie Effler

Westfield State Athletics Department Student Intern

Westfield State senior Vanessa Morton capped her outstanding four-year career by winning the 100-meter freestyle at the New England Intercollegiate Swimming Championships.

Morton dominated the competition, winning the 100 freestyle by more than a second with a time of 54.92. She also placed second in the 50-meter freestyle, breaking her own school record with a time of 25.33.

After coming extremely close to winning the 100 freestyle in last year's New England Championships, Morton said, "finally winning the 100 freestyle" was one of her greatest accomplishments.

During her stellar collegiate career, the Cape Cod resident (Wellfleet/Nauset Regional High School) was an All New England swimmer 10 times, including five second place finishes.

Jokingly she says, "I'm not the bridesmaid anymore as Dave Laing likes to call me."

Laing has been coaching the Westfield State swim team since 1982. The veteran coach and Morton first met when she came to visit the Westfield State campus in March of 2002.

"We were the only people here because it was spring break," said Laing, "I showed them around campus and luckily I had a key to the pool so I was able to show them the pool area."

Morton and her father spent a weekend looking at the colleges she had applied to. She liked Westfield State and its swim coach the best.

"I decided I wanted to come to Westfield because of Dave," Morton said, "He was a cool guy, he was funny, and he was real...I definitely didn't like the other coaches I met as much as I liked Dave."

During preseason practices her freshman year, Laing quickly knew he had a winner. "It was a pleasant surprise when I saw

how fast she could swim," said Laing.

Speed isn't Morton's only strength. "She can swim a lot of events and she swims them well," said Laing. "She can fill a lot of shoes."

Morton was able to "slow down the momentum of other teams by competing in an event she normally doesn't do and performing well in it," said Laing. "Some kids knew when she got up on the block that something was going to happen."

"I have better strokes than some others," said Morton, "I may not do great but I can pull off something decent."

Morton was decent enough to set five school records. Along with the 50 freestyle, Morton holds school records in the 100 freestyle, 200 freestyle, 50 butterfly, and 100 butterfly.

The 100 freestyle is Morton's favorite event. "It's not like the 50 (freestyle) where you make one little mistake and it's all over," Morton said.

Morton's passion for swimming was tested this semester. A mass communication major, Morton had an internship at a local television station that conflicted with the team's practice schedule. Nevertheless, Morton found time in the early afternoon for her daily workouts.

"Training-wise, Vanessa did what everybody else did," said Laing. "She has a good work ethic."

"Vanessa was a good teammate, you could always count on her," said senior co-captain Lindsay Bartosz. "As a captain she led by example. She was always at practice and if she couldn't make it for some reason she practiced later."

"Vanessa was a person people relied on," said Laing, "and that's important to have, someone who will step up for you." Morton started swimming competitively in fifth grade. She became involved with swimming through her dad and uncle, both of whom swam for UMass Amherst, and friends who started taking swim lessons.

Throughout her swimming career, Morton's parents have been very supportive. "My mom had to work a lot but she made a point of getting out of work a little bit early to come to all my home high school meets," said Morton, "and my dad was a huge inspiration."

Dave Schneeweis also was a huge inspiration to Morton. He was her high school assistant coach and the head coach of her YMCA team.

"As much as I hated practicing with him, the practices were awesome because they always pushed me to my limits," Morton said.

Qualifying for the YMCA nationals in high school was another one of Morton's greatest accomplishments.

"Summer (YMCA) nationals turned out to be an awesome experience...there were swimmers there that were qualifying for Olympic times, it was crazy," said Morton.

Morton is not exactly sure what she will do after graduating in May, but she knows swimming will remain a part of her life.

"I really want to be a coach," said Morton. "I definitely don't want to give up swimming completely. I want it to remain in my life whether it's swimming with a masters team or being a coach."

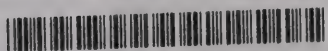
Looking back at her four years at Westfield State, Morton said: "It's gone really fast and it's been fun. I would have loved to swim for a Division I school but I wanted to have a life. Swimming has kept me occupied, kept me in shape, and I've made a lot of great friends."



Westfield State senior swimming standout Vanessa Morton and head coach Dave Laing proudly display her first place medal.

REPUBLICAN

SPRINGFIELD, MA
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New England Newsclip
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Westfield takes control

By JEFF THOMAS
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Westfield State College grabbed sole possession of first place in the Massachusetts State College Athletic Conference with an 88-73 win at Salem State last night.

The Owls (15-7, 7-2 MAS-CAC) won their sixth straight contest as junior point guard Gavin Illangakoon scored a career-high 39 points.

Westfield State led 39-28 at halftime and allowed Salem to get within six points, but Illangakoon was the difference. He scored 24 of his points in the second half.

Illangakoon was 11 for 16 from the floor, including 6 of 8 on 3-pointers and 11 for 12 at the foul line.

James Ogbunize added 13 points and Curtis Gadles and Dave Jaehnig scored 10 each.

Salem State (14-7, 6-2) was led by Eric Downie with 20.

Amherst 99, Lasell 76: The Lord Jeffs notched their 10th straight victory and won 20 games in a season for the seventh straight time with the win at Newton.

Dan Wheeler scored a game-high 24 for Amherst (20-2), and John Bedford chipped in with 15.

Jamie Crawford scored 21 for Lasell (10-10).

WNEC 74, So. Vermont 52: Senior guard Jon Godbout scored a game-high 19 points as Western New England beat Southern Vermont at home.

Freshman Matt Maynard added 17 for the Golden Bears

Local colleges

(11-10, 9-5 Great Northeast Athletic Conference). Jeremy Sternstein added eight points, six assists and five steals.

Southern Vermont (7-13, 6-7) was led by Douglas Hammond with 16.

AIC 83, Saint Anselm 75: John Huggins scored 16 points but American International (11-12, 7-11 Northeast-10) saw its two-game win streak snapped.

WOMEN

AIC 71, Saint Anselm 56: Sharmion Selman scored 22 points to lead American International to its fourth straight victory.

Stacy Boisvert added 16 points and six boards for the Yellow Jackets (19-4, 14-4 Northeast-10). Krystal Pressley added 11 points.

Cassandra Thorpe had 11 points to lead Saint Anselm (6-17, 2-16).

Mount Holyoke 65, Coast Guard 57: Jonee Billy scored 25 points and Joeanna Silvey added 17 as Mount Holyoke snapped a two-game skid.

Angela Astuccio had eight points and a game-high 11 rebounds for the Lyons (16-4, 7-3 New England Women's and Men's Athletic Conference).

Natalie Moyer scored 25 for Coast Guard (8-12, 4-6).

Clark 64, Smith 33: Hampshire Regional graduate Ashley Auclair scored 12 points and had 10 rebounds to lead Clark (14-7, 5-5 NEWMAC) over visiting Smith (6-14, 1-9).

WNEC 75, Daniel Webster 47:

Lisa Masella led four scorers in double figures as the Golden Bears won their fifth straight.

Christine Aldrich added 14 for WNEC (15-5, 6-2 GNAC). Daniel Webster (9-10, 2-6) was led by Erin Mosley with 17.

Springfield 56, Amherst 50: Lauren O'Connor had 10 points and a career-high 18 rebounds as the Pride beat the Lord Jeffs in non-conference play at Springfield.

Courtney Parvin had 14 and Christine Cotter 13 points for the Pride (17-5). Julie Smith led Amherst (9-12) with 13 points.

Salem St. 71, Westfield St. 51: Becky Passetto scored 12 points but the Owls fell to Salem State on the road.

Lauren Sylvain added 11 points and Meghan McCarthy scored 10 for Westfield (9-12, 3-6 MASCAC), which trailed 26-25 at halftime.

Salem State (18-3, 7-1) was led by Estrella Kuilan with a game-high 21 points and Michelle Gosselin with 15 points and 13 rebounds.

HOCKEY

AIC 3, Bentley 3: Jeff Valdes and Jeremy Leroux each had a goal and an assist and Ryan Robin scored a goal as the Yellow Jackets (4-16-3, 4-13-3 Atlantic Hockey Association) tied Bentley on the road.

Nichols 8, WNEC 1: WNEC's Pat Henderson scored the game's first goal, but the rest were scored by Nichols as the Golden Bears fell to 3-13-3.



PETER LAVIOLETTE '86



BRIAN BAHR/GETTY IMAGES

Team USA coach Peter Laviolette has set his sights on Turin. "They aren't picking our team to do much. But I know we can go over there and do great things."

DAVID J. PHILLIPS



Breakout pass

Laviolette has turned career into golden rush

By Kevin Paul Dupont

GLOBE STAFF

Peter Laviolette's hockey career was over, and his mother, father, and two sisters came to the rink that night to say a public, somewhat melancholy goodbye. They carried along a bedsheet to unfurl in the stands, their hearts felt, if premature, farewell spray-painted across the Laviolette linen.

"Peter -- Thank You," read the laundry the family so proudly hung out in public, "For 16 Great Years of Hockey."

"Yeah, that was it, it was over," his father, a.k.a. Big Pete, said earlier this week, recalling how his son's career ended at Westfield State College in the spring of 1986. "He had started playing at age 5, and this was it, the end. No more hockey. The way it turned out, he didn't even play that game because he was hurt. But heck, we hung the sign anyway."

Peter Laviolette, now 41 years old and 20 more years into his delayed retirement, will be Team USA's head coach when the Yanks suit up in the Olympics next week in Turin. The favorite son of Franklin, whose earliest hockey days were spent as the 5-year-old mascot of the Franklin Flyers Pee Wee B team, is also one of the NHL's

most successful coaches this season, keeping the red-hot Carolina Hurricanes at the top of the overall standings since the start of play in October.

Along the way, from that night his career so unceremoniously did not end, Laviolette went on to an 11-year minor-pro career, twice played for the USA Olympic team (including a stint as captain in 1994), and won the American Hockey League championship (Calder Cup) as the head coach of the Providence Bruins in '99. Then, after a year as a Boston assistant coach, and losing out to Robbie Ftorek in a bid to succeed Mike Keenan on Causeway Street, he went on to coach the do-nothing Islanders into the playoffs in the springs of 2002 and '03, snapping a futility streak in Uniondale, N.Y., of seven straight years.

What we have here is a story line that ranges from the endearing to the near unbelievable, the underpinnings of which is simple hard work, a man's commitment to a game he clearly loves, and, as usual, a bit of serendipity that might be the biggest factor in all of it, including Laviolette's impending third trip to Olympus.

"In both '88 and '94, I remember thinking just how incredibly lucky I was," Laviolette said last week, as he and the rest of the Team USA management team

LAVIOLETTE, Page C5



COURTESY LAVIOLETTE FAMILY

Peter Laviolette broke into hockey as mascot for the Franklin Flyers Pee Wee B team.

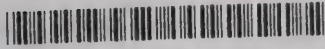
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New England Newsclip
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BRIAN BAHR/GETTY IMAGES

Two-time Olympian Peter Laviolette has led the Carolina Hurricanes to the best record in the NHL this season

111



Breakout pass to career

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► LAVIOLETTE

Continued from Page C1

worked on the unending details of preparing for the trip overseas. "And I also remember how disappointed I was when the Games were over and we didn't do very well — especially '94, I cried harder after that than any time in my life. You get so wrapped up. You invest so much, and then . . ."

The luck that wandered into Laviolette's rink came in the form of an unnoticed visitor to one of Westfield's games in the spring of '86, weeks, if not days, before all the Laviolettes were figuring it was time for young Pete to get on with his life. After all, Westfield was a Division 3 program, struggling to stay alive, and no one on the Owls realistically considered hockey to be in their life-after-hockey plans. Laviolette was a business major, thinking he probably would return to Franklin, perhaps help his father in the family-owned garage door business, or maybe open a restaurant.

"Let me tell you what it was like," said Jay Toronto, a fellow Owl from Chelmsford and Laviolette's close friend and roommate for four years at Westfield. "Our rink [the state-operated MacKenzie Rink in Holyoke] was about a half-hour away, and not much of the student body ever went to the games. You know, just a few bleachers, colder than hell. But Pete and I played for another team, the 'Has Beens,' in the intramural street hockey league we had on campus. No one came to the hockey games, but the gym was packed — I mean jammed — for floor hockey. It was all about bragging rights . . . who would win the floor hockey. And you know, we won it, twice — a pretty good thing."

Eagle-eyed scout

But there was that one unexpected, in fact accidental, visitor who made his way to the MacKenzie Rink. Al "Smokey" Cerrone, then a New England scout for the Minnesota North Stars, was on a mission, a scouting foray, the snowy night he ended up seeing Laviolette for the first time. But the mission wasn't to see the Owls, and it wasn't to see Laviolette, the hard-skating winger/defenseman who had been named team captain his sophomore year by coach Chuck Michonski.

"You ever been to Holyoke?" Cerrone said earlier this week, reached at his retirement home in Fort Myers, Fla. "I mean, dreadful. What the hell would anyone want to be there for — I mean, not a place you'd even want to pull over for a cup of coffee. Forget it."

Cerrone, then 56, somehow "got all turned around and screwed up" while searching Western Mass. for a prep school game. When he pulled over to ask directions to the rink, a passerby figured the scout had to be looking for the Westfield State game, and within minutes Cerrone was rinkside at a game neither he nor nearly anyone else knew was under way.

"I figured, 'What the heck, I'll stay,'" said Cerrone, recalling the night he found "his grandson," as he calls Laviolette. "You only have so much time as a scout, and I didn't want to waste the whole day looking for a prep school. And, you know, you just never know where you'll find a walnut. I saw this kid, Laviolette, and two things stuck out: 1.

his skating — I loved it — and it's always skating that catches your eye first. And No. 2: I loved his on-ice demeanor. You could see him take charge, almost like he was saying, 'OK, I'm the boss here.'"

It wasn't until after Laviolette's season ended, and the bedsheet had been unfurled, that Cerrone contacted the future head coach of the US Olympic team. Joe Lyons, then a Bruins scout, ran a summer league out of Pilgrim Arena in Hingham, and Cerrone, who ran and coached a team in the league, called Laviolette, introduced himself, and essentially told him he was on the team. And from there, with Cerrone his mentor, Laviolette earned an invite to the North Stars' training camp, which quickly led to a pro contract with the International Hockey League's Indianapolis Checkers.

"Everything in life for a reason, I guess," said Laviolette, crediting the connection with Cerrone as a launching point to his career. "I'm a big believer in that. If not for Smokey's invitation, who knows?"

Like Cerrone, ex-coaches of Laviolette, as well as friends, family, and acquaintances, say they know what has kept it rolling for Laviolette. They typically bring up how hard he works, his attention to detail, his ability to communicate with his players, and, perhaps most important, his ability to engage players and make them enjoy playing for him. In today's pro game, that last attribute alone might be worth a gold medal.

"Always such a strong desire to succeed," said Bob Luccini, his coach from Franklin High days. "I saw him when he was just a little kid, and that never changed, be it Franklin Youth Hockey or with us in high school — and then in college it was just this never-say-die attitude. Westfield could be behind by eight goals in the third period, and he'd be out there — diving in front of slap shots."

Michonski, his Westfield coach, couldn't believe Laviolette hadn't been scooped up out of high school by a Division 1 school such as Boston College or Notre Dame.

Breakfast goes to Burger

When the first hamburger was served at a breakfast table, it was a shock to the system. The combination of the savory, greasy patty with the sweet, sticky syrup was a culinary experiment that some might say was a failure. But for many, it was the beginning of a new era in fast-food dining. The breakfast burger, once a novelty, is now a staple at many fast-food restaurants. It's a dish that has managed to bridge the gap between the hearty breakfast and the indulgent burger, creating a new category of food that is both familiar and exciting. The success of the breakfast burger has led to a variety of creative variations, from the classic beef patty with a fried egg to the more adventurous combinations of chicken, turkey, or even vegetarian patties. The key to a great breakfast burger lies in the balance of flavors and textures. A well-cooked patty, a perfectly fried egg, and a generous drizzle of syrup can transform a simple meal into a delicious experience. As the popularity of the breakfast burger continues to grow, it's clear that this culinary innovation has found its place in the hearts of many diners.

The breakfast burger is a dish that has captured the imagination of many. It's a food that is both comforting and indulgent, a meal that can be enjoyed at any time of the day. The combination of the savory patty and the sweet syrup is a perfect marriage of flavors that has made the breakfast burger a favorite among many. The success of the breakfast burger has led to a variety of creative variations, from the classic beef patty with a fried egg to the more adventurous combinations of chicken, turkey, or even vegetarian patties. The key to a great breakfast burger lies in the balance of flavors and textures. A well-cooked patty, a perfectly fried egg, and a generous drizzle of syrup can transform a simple meal into a delicious experience. As the popularity of the breakfast burger continues to grow, it's clear that this culinary innovation has found its place in the hearts of many diners.

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"Classic overachiever who would do everything I asked, and more," said Michonski, who resigned halfway through Laviolette's junior year, in part, he said, because of the budget struggles that led to the program's demise three years after Laviolette graduated. "We beat West Point his junior year, right there in Holyoke, and I said on TV after the game that I wouldn't be surprised if he made the NHL one day. Well, my buddies really busted on me for that for quite a while — but I was serious."

There was a near-comic confidence about Laviolette, recalled Toronto, that players on the club appreciated and, to some extent, rallied around. Before all opening faceoffs, the Owls would gather around their net, and captain Laviolette, with the slightest smile, would implore them to let him carry the show.

"He'd say, 'Gee, guys, whaddya think, do you want to hop on my back now — or do you think we ought to play this one as a team?'" said Toronto, who these days is vice president, sales and marketing, for Vision Appraisal Technology in Northborough. "It wasn't cocky, not in the least ... and we'd give it back, saying, 'Heck, Pete, let's give it a team shot tonight, OK?' We'd be out there again for the sec-

ond period, down a couple of goals usually, and he'd still have it going. 'Uh, guys, we aren't doing so well — are you going to hop on my back or what?' He was definitely our star, but I think everyone was OK with that."

Toronto and Laviolette were work pals, too, laboring together through college at convenience stores and UPS. The UPS shift would begin at 11 p.m. and end at 5 a.m. The Owls typically practiced at 5 a.m. and there were some hectic races, recalled Toronto, to unload the last UPS trailer and make it to the skate on time. They also shared an on-campus sponsorship for Miller Lite, a gig that paid about \$100 a month.

Born leader

Helen Laviolette watched her son first take to skates at age 4, on the man-made pond in Franklin behind Art's Grocery, the store owned by Big Pete's dad. Art Laviolette strung lights back there, enabling neighborhood kids to play into the night. The hockey players shot away at one end, while the figure skaters, including Pete's sisters, Leslie and Lauren, cut their figure eights.

"I've loved hockey forever," said Helen, "going back to the [Bobby] Orr, [Phil] Esposito, [Derek] Sanderson, and Pie McKenzie days. That was the only game in town back then. You made sure you were home by 5 p.m. to have dinner, just to make sure you saw the game. I get a chuckle now when I watch games, and between periods they interview Canadian kids who talk about playing outdoors when it was 12 below zero. Well, hey, my son did that, too, not just the Canadians."

Ed Anderson, the former chairman and CEO of the Providence Bruins, helped Laviolette land the job behind the Providence bench in the summer of 1998 after the AHL franchise suffered through a disastrous 1997-98 season as league chumps. The following spring, the Providence Bruins were the Calder Cup champs.

"It's his personality, his attitude, his aptitude for the game," said Anderson, working through his what-makes-Laviolette-successful checklist. "He has this great ability to communicate his ideas, and then you just watch the players buy into his program. They play hard for him. Everything that's come to him in life, he's worked hard for. He didn't go to a hockey mecca in college. He didn't get drafted. But he fought like hell, and got noticed."

Now, on the Olympic stage, the whole world will be watching Laviolette and his red-white-and-blue underdogs. Not surprisingly, the wise old Owl has his pitch planned for the boys who will arrive in Turin Sunday and Monday. The US opens play Wednesday against Latvia.

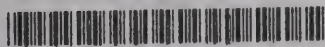
"For some of these guys, this could be their last chance at the Olympics," said Laviolette, noting some of the USA gray-beards such as Chris Chelios, Doug Weight, Mike Modano, and Bill Guerin. "In your life, how many times do you get the chance to do something great? I know people don't like our team. They aren't picking our team to do much. But I know we can go over there and do great things."

Twenty years after hockey ended for Laviolette, who's to say he's wrong?



WESTFIELD EVENING NEWS

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New England Newsclip
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Illangakoon nets 39 in Westfield St. win

SALEM — Junior point guard Gavin Illangakoon (Ellington, Conn.) exploded for a career-high 39 points to power Westfield State to an 88-73 victory over Salem State in a key Mass. State Conference game Feb. 7.

With the huge road victory, the streaking Owls garnered their sixth straight victory and moved into sole possession of first place in the conference. The Owls are 15-7 overall and 7-2 in the conference. Salem is 14-7 and 6-2.

Playing outstanding on both ends of the court, the Owls bolted to a commanding 20-point lead, 34-14, with 5:30 remaining in the first half.

Salem went on a 9-0 run to get

back into the game and trailed at halftime, 39-28.

Salem's smallest deficit in the second half was six points, 56-50, with 8:30 remaining. But paced by the incredible shooting display by Illangakoon, the Owls began pulling away in the closing minutes.

Illangakoon scored 24 of his 39 points in the second half.

WOMEN'S HOOPS

Salem State 71, WSC 51

SALEM — Senior center Estrella Kuilan (Lowell) had a game-high 21 points, along with seven rebounds, four blocks and three steals, to lead Salem State to a hard-earned 71-51 victory over Westfield State on Feb. 7.

Springfield's James Ogbunize didn't play basketball at the High School of Science and Technology, and walked on at Westfield State. Today, he leads the team in rebounding and blocked shots, and is a captain.

Staff photo by
DAVID MOLNAR



He's making all the right moves

Westfield State standout minds mentor

By JEFF THOMAS
jthomas@repub.com

WESTFIELD - If his life had not taken a few of the turns that it did, James Ogbunize could have walked through the halls of the High School of Science and Technology proudly wearing his basketball jersey on game days.

Didn't happen.

In fact, if his life did not take the turn that it did, Ogbunize would never have left his Staten Island, N.Y., home with his three siblings to live in Springfield with his uncle.

But it happened.

At that point in his life, the story of James Ogbunize could have veered off in many directions, most of them dead ends.

Instead, the boy who lost his mother and nearly lost his way became a

captain of his college basketball team without ever playing for his high school. Credit not only his hard work but the inspiration of his uncle, Gabe Mokwuah, who helped steer Ogbunize in the right direction.

Despite not playing for Sci-Tech, Ogbunize walked on at Westfield State College and earned playing time. Now a senior, he's leading the team in rebounding and blocked shots and is also a team captain.

More importantly, he's on track to graduate this spring with a business management degree with a concentration in finance.

His coach says Ogbunize's willingness to take direction and his dedication in the classroom and on the court have made the difference.

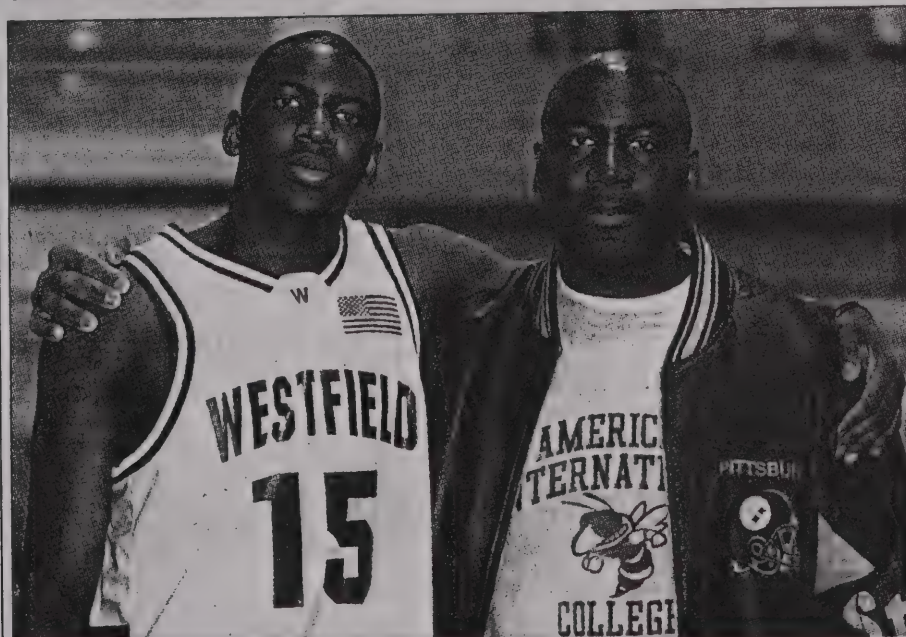
"He's the guy that I want to be the

Please see Westfield, Page B6



Staff photos by DAVID MOLNAR

Westfield State's James Ogbunize of Springfield credits his uncle, Gabe Mokwuah, for steering him in the right direction. "Once (James) knew there was no wiggle room, he got to work," Mokwuah says. "I kind of knew he would do well anyway, but like any kid you had to push him and motivate him a little bit."



Westfield: Ogbunize stays course

Continued from Page B1

poster child for all of the people in Springfield to see this is what happens when you come to a local school and work your tail off," Rich Sutter said. "He's ready to graduate in four years, he leads the conference in rebounding and blocked shots, and I couldn't be happier for him because it's all a product of really hard work."

Ogbunize said it was his mother who instilled a strong work ethic in him, but when she passed away from breast cancer and he came to Springfield, he lost his way, until Mokwuah helped him find it.

"My mom was really special to me, so it was kind of hard to focus on school at first, and I had a lot of family and friends there and it was kind of hard to move away," Ogbunize said.

He enrolled at the High School of Science and Technology as a 15-year-old sophomore, and while his grades were good enough for him to be eligible to play interscholastic sports, they weren't good enough for his uncle.

"I was messing up in school and my uncle, my role model, he said take care of your school work and you're not going to play basketball," Ogbunize said. "So I didn't play basketball."

It wasn't as though Mokwuah hated sports, just the opposite. He was an All-American defensive end for the American International College football team who was drafted by the Green Bay Packers.

"If you look at the statistics, a lot of those kids are not going to the NBA," Mokwuah said. "When they're young you have to let them know you have to take care of school first."

"Whether you're playing for high school or college, sports is recreation the way I look at it," he added. "Now if you're talented enough to get a scholarship and move on, that's great. But as far as I'm concerned, it's recreation, something you use to better yourself, get yourself ready for real life. But in the end you have to take care of your education."

Mokwuah said there was no big blow-out, no temper tantrums, no defiance by Ogbunize.

"I think he realized what he had to do was what he had to do," said Mokwuah, a court officer in Springfield. "He loved basketball, but he also realized my rule was if you don't do well in school, you don't play basketball. Period."

"Once he knew there was no wiggle room, he got to work. I kind of knew he would do well anyway, but like any kid

you had to push him and motivate him a little bit."

Ogbunize graduated from Sci-Tech and moved on to Westfield State, where he decided it was time to pick up a basketball again.

It wasn't easy for the 6-foot-4, 205-pound Ogbunize after not playing organized basketball for several years. He played some pick-up basketball at city courts and at the YMCA. But he persevered, worked hard and by his junior year he was getting regular minutes.

"He wasn't even on the radar when he first came through the door," said Sutter, who calls Ogbunize the embodiment of what Division III athletics are about. "The last two years he's just taken his game to another level, and that's really because he's a beast in the summer. He goes home and every summer he's come back to us he's looked extremely better than the year before."

"That's the story of his success, hard work and determination," Sutter said. "He hasn't had an easy life and you'd never hear that from him. He's a proud young man, but he's also a very, very together young man who lives his life with a purpose. He's a lot of fun to be around."

This is more a story of family than it is basketball. Gabe Mokwuah said he didn't even have to think about taking in his sister's family. "I have no choice, family is family, and family comes first."

Ogbunize's sisters Linda and Jennifer graduated from college and now live in Maryland. His younger brother Harrison is a student at the University of Massachusetts.

"Without education many doors in life will not be open to you," Mokwuah said. "Get that first and see what you want to do after that."

For now, though, Ogbunize has basketball on his mind. The Owls are 13-7 and in second place in the Massachusetts State College Athletic Conference with a 5-2 record entering the weekend.

"The plan is to win a championship," Ogbunize said. "We want to bring it home because the last time we won was like 15 years ago." Westfield State's one and only conference title came in 1985.

Of course, Ogbunize will continue his studies while trying to lead the Owls to victory. How can he not with Mokwuah sitting courtside with his wife and three young daughters as a reminder of family and family rules.

"You have to share every game he has and it's his last year," Mokwuah said. "He's worked so hard and he's a great kid."

3 of 3

Streaking Owls claim Fitchburg State

WESTFIELD — Senior center James Ogbunize (Springfield) posted game highs of 16 points, 11 rebounds and three blocked shots to lead the streaking Westfield State men's basketball team to a hard-fought 69-62 victory over Fitchburg State on Saturday.

The victory was Westfield State's seventh straight and upped its record to 16-7. The Owls remain in sole possession of first place in the Mass. State Conference with an 8-2 record, half a game ahead of Salem (7-2). Westfield has two regular season games remaining: at home vs. Framingham State on Feb. 16 and at ACLA on Feb. 18.

Fitchburg, 9-13 overall and 3-6 in the conference, jumped out to an early 11-2 lead. Westfield chipped away and led at halftime, 34-33.

The Owls never trailed in the closely contested second half, but the scrappy Falcons did tie the score twice: 46-46 with 11:24 remaining and 57-57 at the 3:37 mark.

But Westfield executed offensively in the closing minutes. Freshman reserve guard Matt Lynch (Braintree) converted a conventional 3-point play following a driving layup for a 60-57 Owl lead with 3:13 remaining.

Westfield expanded its lead to five points, 64-59, with 59 seconds

remaining following two lay-ins by Ogbunize. Credited with assists on Ogbunize's two inside baskets was junior point guard Gavin Illangakoon (Ellington, Conn.).

The Owls made five free throws in the final 36 seconds to survive the upset bid.

Westfield again had a balanced scoring attack. Dave Jaehnig - a 6-4 freshman guard from Quincy (Boston College High School) tallied 16 points to share game-high scoring honors with Ogbunize. Jaehnig also had seven rebounds and four steals.

Senior forward Mike Jurkowski (Belchertown) and Illangakoon both scored 10 points.

Sophomore guard Brian Skiffington (North Adams/Hoosac Valley) led Fitchburg with 15 points and five steals. Also scoring in double figures were Andrew Vayo (Waterville, ME) and Albert Ortiz (Fitchburg/Leominster) with 11 and 10, respectively.

game Feb. 11.

Westfield is 4-6 in the conference and 10-12 overall. Fitchburg is 2-7 and 11-11.

The Owls got two huge 3-point baskets from senior guard Meghan McCarthy (Belchertown) in the overtime stanza. She nailed a trey at the 4:27 mark to give Westfield a 61-58 lead. McCarthy also drained a 3-pointer with 1:18 remaining for a 66-62 Owl advantage.

WOMEN'S HOOPS

Westfield State 68, Fitchburg State 63 (OT)

WESTFIELD — Freshman guard Lauren Sylvain (Hadley) scored a game-high 22 points on six 3s to lead Westfield State to a 68-63 overtime victory over Fitchburg State in an important Mass. State Conference

assist. Westfield sophomore forward Becky Passetto scored 15 points and grabbed a team-high 13 rebounds. Dely scored 11 points and McCarthy finished with nine points and six assists.

WSC seniors enjoy big night

By JEFF THOMAS

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No one can claim the Westfield State College men's basketball seniors are selfish.

On Senior Night at the Woodward Center, seniors James Ogbunize and Mike Jurkowski led five players in double figures as the Owls beat Framingham State 89-65 in the final regular season home game.

The Owls need a win tomorrow at Mass. College of Liberal Arts in order to lock up first place in the Massachusetts State College Athletic Conference and host the conference tournament next weekend.

"It was the last home game and James the past eight games has been playing like the MVP of the league," said Jurkowski, who had 13 points. "I just love being with these guys and it means a lot being on this team."

Ogbunize had game-highs of 18 points and 11 rebounds, as well as four blocks for the Owls (17-7, 9-2), who have won eight straight.

"We were up and focused to

Local colleges

play, and I thought we were a little flat against Fitchburg the other day - the pressure seems to be riding us a little bit," Westfield coach Rich Sutter said. "I was excited about the way we played, especially our seniors Jimmy and Mike who got to end their home careers on a good note."

Dave Jaehnig had 15, Curtis Gadles scored 14 and Gavin Ilangakoon had 11 with six assists. Framingham (9-14, 3-9) was led by Rob Scarpato's 13.

MCLA 85, Fitchburg 81: The Trail Blazers (3-21, 1-10) won their first MASCAC game as J.P. Quintal scored 22 points and Thad Broughton 21.

Johnson & Wales 56, WNEC 43: The visiting Golden Bears (13-11, 11-6 Great Northeast Athletic Conference) scored just 15 points in the first half, shooting 28.6 percent (6 for 21) from the floor.

Jon Godbout led WNEC with 13 points and Ryan Hernandez

added nine. Johnson & Wales (12-12, 10-7) was led by Brian Fernandez and Conor Moran with 13 each.

STCC 96, Briarwood CC 46: Springfield Technical Community College improved to 17-8 as Henry Ogirri led the way with a game-high 34 points and 13 rebounds. James Auston scored 22 and Dwight Spradley added 13 for STCC.

WOMEN'S BASKETBALL

Westfield St. 79, Framingham St. 46: Becky Passetto and Lauren Sylvain (Hadley) each scored 15 points to lead the host Owls over the Rams.

Andrea Wasuk added 10 points and seven boards for Westfield (11-13, 5-6).

Fitchburg St. 71, MCLA 41: Jakia Hall had 12 but MCLA (7-17, 0-11) remained winless in the MASCAC.

HOCKEY

Westfield St. 4, Framingham St. 1: The Owls (4-15-3) had goals from Joe Willard, Dave Wright, Phil Lamy and Pat Henderson in a road win over the Rams.

Jamie Babineau made 32 stops for WSC.



SUN

LOWELL, MA
SATURDAY 50,335
FEB 18 2006

Freshman **Ashley Conway** of Dracut and sophomore **Jenn Davis** of Lowell were on the Westfield State College women's volleyball team that finished 12-11 and third in the Mass. State Conference this past fall.

Conway played in 22 of 23 matches and registered 84 kills, 16 aces and 15 blocks. Davis, a defensive specialist, played in all 23 matches and recorded 126 digs. Davis also is a member of the Westfield State indoor and outdoor track teams.



SUNDAY REPUBLICAN

SPRINGFIELD, MA
SUNDAY 131,961
FEB 19 2006

New England Men's Championship: Williams won five events and accumulated 153 points to finish first in a field of 25 teams in the New England championship, hosted by the Massachusetts Institute of Technology in Cambridge.

Tufts finished second with 131 points, followed by Bates (62.5) and MIT (57.5).

Westfield State was seventh overall with 33 points. Amherst College was 11th with 21, and Springfield was tied for 14th with WPI with 16 points.

John Synanski won the 200-meter for Williams with a time of 22.34. Mike Davittian in the 1-mile run (4:15.26), Tyler Gray the 600-meter (1:21.40), and Neal Holtschulte in the 3,000-meter (8:37.29) were the other individual Williams winners.

Senior David Richardson of Westfield State was second in the high jump, and Owls' freshman Brandon Palmer was second in the long jump.



WSC begins conference tournament battle

WESTFIELD — The Westfield State College men's and women's basketball teams are competing in the Massachusetts State College Athletics Conference tournaments this weekend, Feb. 24-25.

The Westfield State men's team is the host college for the first time in the tournament's 17-year history. The Owls share the conference regular season championship with Salem (10-2 records), but they earned the right to host by sweeping their season series with third place Bridgewater State.

In Friday's semifinal round at Westfield State's Woodward Center, No. 2 seed Salem faces No. 3 seed Bridgewater State at 6 p.m. Westfield hosts No. 4 seed Worcester State at 8.

The championship game between the semifinal winners is scheduled for Sat., Feb. 25, at 2 p.m. at the Woodward Center. The champion receives an automatic bid to the NCAA Division III national tournament.

The Westfield State women's basketball team (12-13 overall, 6-6 conference) is seeded fourth and plays at No. 1 seed Salem State on Fri., Feb. 24, at 6 p.m. In the other women's semifinal at Salem, No. 2 seed Worcester State plays No. 3 seed Bridgewater State. The championship game is Saturday at Salem at 2 p.m.

Freshman guard Lauren Sylvain (Hadley) leads the young Owls in scoring, averaging 10.5 points per game.

The men's team has a very balanced scoring attack with four players averaging in double figures — senior forward Mike Jurkowski of Belchertown (14.4 points per game); sophomore guard Tony Collier (13.4), junior forward Curtis Gadles (13.1), and junior guard Gavin Illangakoon (10.1).

Also, senior forward James Ogbunize of Springfield is averaging 9.8 points per game and leads the team in rebounding (8.1) and



WSC thinking varsity

By **RON CHIMELIS**

rchimelis@repub.com

WESTFIELD – At Westfield State College, hockey lives on as a popular and successful club sport.

With United States Olympic hockey coach Peter Laviolette lending both moral and financial support, however, school administrators believe hockey may be headed back to varsity status for the first time since it was cut from the budget in 1989.

"I'm cautiously optimistic," said Barry Maloney, the college's vice-president for advancement and college relations. "I think we're getting there, though we're not there yet."

A 1986 Westfield State graduate and coach of the Carolina Hurricanes, Laviolette has not only supported the club program, he's ardently advocated restoring varsity status to Westfield State hockey, one of eight sports dropped for financial reasons in the late 1980s.

The college now carries 17 NCAA Division III varsity sports.

College officials have not put a timetable on re-establishing varsity hockey. They think it could happen in the foreseeable future, though next year does not look realistic.

"We met with Peter two years ago, and we have a plan in place," Maloney said. "It's a club sport now, but as with many clubs that survive, we take an interest in it."

In the meantime, Westfield State's 27-member club team takes a 16-1-3 record into this weekend's semifinals of the New England College Hockey Association B Division playoffs.

Westfield State's club hockey team may return to the varsity level, a move backed by a famous alum.

The 18-team NECHA includes several Division I-sized colleges that also sponsor separate varsity teams (University of Massachusetts, New Hampshire, Connecticut) as well as Division III-sized schools like Westfield State and Springfield College, whose hockey is played strictly at the club level.

"Club hockey is a pretty good brand," Westfield State coach Edgar Alejandro said. "There are a lot of quality players, but I would also look forward to seeing a varsity team here."

"I'd love to see it," club team advisor Scott White said. "There are a lot of issues, one of which is that the NCAA requires you have a lot of cash in your bank account before starting up a varsity sport."

"It's been our goal to keep moving forward, though, and I think we are," White said.

A private funding goal has been set, and while Maloney declined to disclose the targeted goal, he said Laviolette – and the Hurricanes – have helped it reach its halfway point.

"If we could reach the private funding goal, the college would commit the rest," Maloney said.

All told, Maloney said varsity hockey would cost at least \$60,000 for its first year, including start-up costs, and then \$50,000 annually. The college athletic budget would fund the program, with the private donations kept in reserve as an endowment, for use as a "rainy-day" fund, if necessary.

Finance is not the only issue. Westfield State athletic director Dick Lenfest said to add another men's sport, the college would have to also introduce a new women's varsity sport, in order to stay within Title IX gender-equity guidelines.

Lenfest said Westfield State would like to add women's lacrosse, possibly as early as next year, and may do so whether men's hockey is added or not.

Laviolette's status, and his loyalty to his alma mater, are among several factors working in favor of hockey's varsity return. A booster club, the Blue-liners, exists.

Growing interest among students, even more than Laviolette's input, sparked the initial talk about restoring the program. And the club team has grown since Alejandro's first coaching season in 2004-05, when Westfield State had fewer players and went 5-18.

The Owls, who enjoyed success as an intercollegiate team before the 1989 budget cuts, joined the NECHA this season.

The team also has a home at Amelia Park Ice Arena in Westfield. That did not exist in Laviolette's day, when the Owls had to play and practice in Holyoke or Springfield.

Alejandro said he did not take the club coaching job with a varsity commitment or promises attached, but that if the program did return to the NCAA level, he'd want to stay on.

"Varsity hockey is not a bird in the hand yet, but it seems in reach," he said. "If that happens, I would like the chance to coach it."



WSC falters at home

By JEFF THOMAS
jthomas@repub.com

Local colleges

The table was set for the Westfield State College men's basketball team, but they failed to show up for dinner.

With defending champion Salem State falling to Bridgewater State 85-71 in the first Massachusetts State College Athletic Conference Tournament semifinal at the Woodward Center, the host Owls needed to beat Worcester State to reach the title game against a Bridgewater team it had defeated twice in the regular season.

Instead, Westfield State had its worst offensive performance of the season and fell 70-53 to Worcester State, a team it had defeated by 20 three weeks ago.

"I just didn't think we played well in any area tonight," said Owls head coach Rich Sutter. "We didn't shoot the ball well. When they sat in that zone and we didn't shoot it well, I felt it was going to be a tough night. We didn't play with a lot of hustle or determination either."

Westfield State fell behind 33-17 in the first half because it couldn't beat the Lancers' zone and allowed too many offensive rebounds.

Curtis Gadles' jumper 3:31 into the contest made it a 2-0 game for the Owls, and that would be their one and only lead.

They were down 11 before they made their next field goal. Westfield shot 26.9 percent (7 for 26) from the field in the first half.

The second half wasn't much

better, but pressuring the ball forced some turnovers by the Lancers (13-13).

When Gadles (13 points) hit a 3-pointer and followed that up with a fast-break layup on a nice feed from Gavin Illangakoon, the Owls had trimmed the lead to nine, 42-33.

But Worcester State's Ryan Hopkins took over. The senior guard, who led all scorers with 31 points, scored on a 3-point play, then hit a 3-pointer and added two more on a driving layup to push the lead back to 17. The Owls came no closer than 12 the rest of the way.

Tony Collier added 11 for Westfield State (18-8), which had its nine-game win streak snapped. Senior forward Mike Jurkowski did not start, nursing a high ankle sprain.

The Owls were out-rebounded 53-34 and finished just 30.3 percent (20 for 66) from the floor.

"You need to play well on both sides of the ball this time of year, and we didn't," said Sutter.

Elms 78, Lesley 65: The Blazers moved one step closer to earning their second straight NCAA Division III tournament berth with a semifinal victory in the North Atlantic Conference tournament in Bangor, Maine.

Elms (21-6) plays Maine-Farmington, which upset No. 1-seed Husson, in the final today at 1 p.m.

Justin Davis led all scorers with 25 points, including six

three-pointers. Antoine Holder added 13 points as four Elms players reached double figures.

The key to victory came when Lesley's Toby Brittan, a transfer from Northeastern, fouled out with 10 minutes to play. The Blazers were able to control the inside game from that point.

The Blazers won by 12 at Maine-Farmington back in January, the only meeting of the season between the two teams.

WOMEN'S BASKETBALL

Norwich 64, WNEC 48: Sophomore guard Jennifer Dabrowski scored a team-high 13 points for the Golden Bears, but No. 2-seed Norwich was able to secure the victory in the semifinals of the Great Northeast Athletic Conference Tournament in Boston. WNEC dropped to 20-6.

Salem St. 70, Westfield St. 44: Meghan McCarthy's nine points were tops for the Owls (12-13), who fell in the MASCAC tournament semifinals at Salem.

SOFTBALL

UMass drops pair: Catcher KJ Kelley hit her 36th career home run and first of the season in a 7-2 loss to No. 12 Northwestern in the NFCA Leadoff Classic at Columbus, Ga.

Kelley went 2 for 3 with an RBI as the Minutewomen (1-6) lost the nightcap, 5-2 against Illinois State.

VOLLEYBALL

NJIT 3, Springfield 0: Ryan Frederickson led visiting SC (6-9, 4-2 EIVA Hay Division).

HOCKEY

Canisius 3, AIC 0: Tom Fenton made 19 saves for the visiting Yellow Jackets (5-19-4, 5-16-4 AHA).



Six Owls earn all-conference honors

By Scott Sandler

The Massachusetts State College Athletic Conference (MASCAC) announced its 2005-2006 All-Conference Men's and Women's Basketball Teams this past weekend and Westfield State had six players honored - four men and two women - and a head coach.

In the major awards categories, Westfield State had the Rookies of the Year in both sports and men's head coach Rich Sutter was selected the MASCAC Coach of the Year. Sutter guided the Owls to an 18-8 record and a share of the conference's regular season championship. The 18 victories are the second most in the program's history. The eighth year mentor also was the conference Coach of the Year in 2003.

The men's basketball team had two first team selections: Gavin Illangakoon, a junior point guard from Melbourne, Australia, and Michael Jurkowski, a senior forward from Belchertown.

Illangakoon scored 272 points this season, averaging 10.5 a game.

He went 86-102 from the foul line (.843 percent), which was second best in the MASCAC. The 6-2 point guard led the Owls in steals with 46 and had a league leading 104 assists (4.0 per game).

Jurkowski led the team in points scored with 334, averaging 13.9 per game. He was second in both rebounding (6.7 per game) and steals with 37. He shot 51 percent from the field.

James Ogbunize was selected to the MASCAC all-conference second team. The senior center from Staten Island, N.Y., scored 247 points (9.5 per game). His field goal percentage was an impressive .613 percent, second best in the MASCAC. The Owls' top defender, Ogbunize led the conference in blocked shots (74) and ranked third in rebounding (8.1 per game). His 74 rejections are four shy of the single-season school record.

Dave Jaehnig, a freshman guard from Quincy, was named the

Sutter selected MASCAC coach of year

MASCAC Rookie of the Year. It marked the second year in a row a Westfield player received the honor; last year's recipient was Tony Collier.

Jaehnig scored 143 points, averaging 6.8 per game. He had 83 rebounds, 29 assists, and 27 steals. Jaehnig started 13 of the 21 games he played and averaged 21.4 minutes per game.

The women's basketball team had two second team selections: Meghan McCarthy, a senior point guard from Belchertown, and Lauren Sylvain, a freshman forward from Hadley, who also was named the MASCAC Rookie of the Year.

McCarthy scored 157 points for an average of six per game, including 34 three-pointers. She led the league in assist-to-turnover ratio with 96 assists (fourth best in the MASCAC) and 63 turnovers, a plus 1.52 ratio. McCarthy finished her fine four-year career with 757 points, 320 assists and 175 steals.

Sylvain scored a team-high 269

points for an average of 10.3 per game. The 5-10 guard made a team-high 62 3-pointers (third in the MASCAC). Sylvain's 62 treys are the most by a freshman in the program's history. Westfield State head coach Andrea Bertini set the previous record of 43 3-point baskets made during her freshman year in 1993.



Brandon Palmer

Palmer finishes 4th in long jump

BOSTON - Westfield State freshman Brandon Palmer placed fourth in the long jump at the All New England championships at Boston University.

Palmer had an outstanding jump of 22-11. Erik Hoagland of UMass Amherst won the long jump (23-3 1/2).

Other competitors for Westfield included Matt Shannon and David Richardson, who placed 10th and 11th, respectively, in the high jump. Both cleared 6-4 3/4.

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The Voice

The Student Press of Westfield State College

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Issue XVIII

Hockey Club hopes to score varsity status

By NIKKI LEBLANC
VOICE REPORTER

The Westfield State College hockey team may only be considered a club team but proves to be so much more. The season came to an end February 26 when the Owls won the conference B title of the North East Collegiate Hockey Association.

The tournament was held at Conway Arena in Nashua, N.H. where Westfield State received the second seed and bypassed the first round. In the second round they beat Daniel

Webster College 10-2.

The Owls were left to face Bates College to fight for the conference B title. With a record of 18-1-3 Westfield State had only lost against one team before which coincidentally happened to be Bates.

The final score of the game was 4-1 with a victory to Westfield.

"I am really proud of the players for the turnaround we had after last year. It was a different season and it goes to show that hard work and perseverance pays off," said head coach Edgar Alejandro.

It was the first year that the hockey team competed in the NECHA league. During the last practice before the tournament Alejandro said, "Win or lose we've demonstrated what we can do."

Alejandro also said that a large part of the turnaround from last year can be credited to the leadership on the team. "We rely a lot on upper-classmen to deliver the message; believe in it, deliver it, and act on it during the season to stay on track academically and to stay out of trouble," he said.

The Owls have been very lucky to have such good players who take ownership and make sacrifices said Alejandro. He also said that they are fortunate to have so many young players who show these qualities as well.

Captain Alex Davis, senior, said, "Last year we had a young team. We got a lot of freshmen and transfers which helped develop into a better hockey team."

"It's my last year and a great way to finish it off with a championship."

See "Hockey" on Page 2

REPUBLICAN

SPRINGFIELD, MA
TUESDAY 91,713
FEB 28 2006

COLLEGES

'Nova's Ray okay

Allan Ray feared the worst when he heard a pop in his left knee. Coach Jay Wright and the rest of fourth-ranked Villanova worried that Ray would be the latest Wildcat to miss time because of a serious knee injury. Losing Ray would have derailed Final Four hopes. Instead, the Wildcats got a different kind of break after Ray had an MRI yesterday: He has a mild sprain in his left knee and is questionable for tomorrow's senior night home finale against St. John's ... The Westfield State College club hockey team claimed the B Division championship of the New England College Hockey Association. Over the past weekend, the Owls defeated Daniel Webster College 10-2 in the semifinal, then captured a 4-1 decision over Bates in the final. Westfield State, which is exploring a return to NCAA status in hockey, finished 18-1-3 under second-year coach Edgar Alejandro.

Westfield State grad enjoying 'Madness'

Westfield State College will be represented at the NCAA Division I basketball Final Four this weekend as a result of George Mason University's shocking overtime victory over the University of Connecticut in Sunday's Regional Finals in Washington, D.C.

Chris Caputo, a 2002 Westfield State College graduate, is an assistant coach for George Mason, which, according to some media experts, recorded the "biggest upset of consequence in college basketball history."

Caputo, who was a four-year reserve point guard for the Owls, has been surviving on adrenaline during his college's March Madness rush to the Final Four this weekend in Indianapolis.

"It's been absolutely crazy, the media and everything else," said Caputo from his Fairfax, Va., home. "You just get knocked in the face with it.

"Hopefully, we can win a couple of games down there (Final Four), but having a mid-major team make it this far is just a great thing. And it's great to have the MASCAC (Massachusetts State College Athletics Conference) represented in the Final Four."

There was a distinct MASCAC and Western Massachusetts flavor on the sidelines this past Sunday. The Huskies are coached by AIC graduate Jim Calhoun and long-time UConn assistant coach Tom Moore was the head coach at Worcester State in the early 1990s.

In addition to Caputo, George Mason head coach Jim Larranaga was the head coach for two years at AIC in the late 1970s, and George Mason reserve guard Tim Burns is a graduate of Greenfield High School and Worcester Academy.

Caputo was an honor student at Westfield State, majoring in economics and finance. But he knew that he wanted to coach and coach at



George Mason assistant coach Chris Caputo, a 2002 Westfield State College graduate, prowls the sidelines during a recent college basketball game. (Submitted photo)

a higher level. And with his New York City background, he had the connections and confidence to make the big jump from a Division III player to a Division I assistant coach.

A native of Elmshurst, N.Y., Caputo is a 1998 graduate of Archbishop Molloy High School, the same alma mater of Larranaga. Playing for the legendary Jack Curran, Caputo saw 11 of his teammates during his four years at Molloy go on to play NCAA Division I basketball.

Caputo was a part-time assistant coach (translation: full-time job, part-time pay) his first three years at George Mason and was the coordinator of video. He was elevated to full-time status this season and it's been an incredible ride for him.

The Patriots have posted a 27-7

record with NCAA Tournament victories over three teams that have won NCAA championships - Michigan State, North Carolina and UConn; they also defeated highly regarded Wichita State.

"I'm 25 years old and I am in the Final Four as an assistant coach; it's pretty crazy," said Caputo. "Timing and luck are huge factors."

Hard work, dedication, and loyalty also are major reasons Caputo will be experiencing college basketball's biggest stage this weekend. The week before Selection Sunday, Caputo slept in the locker room before taking a flight to Massachusetts to recruit a player. A day later, he was flying to Arizona for another recruiting visit.

Caputo expects the recruiting to

- WESTFIELD EVENING NEWS, Tuesday, March 28, 2006

CAPUTO

Continued from Page 9

intensify after George Mason's Final Four appearance. Unlike many of the so-called experts, however, he doesn't believe the Patriots' tournament victories were truly that stunning.

"We've had success before," Caputo said. "We advanced to the (NCAA Tournament) third round in 2004. Plus, we have been playing tougher non-conference teams during the regular season and our conference (Colonial Athletic Association) had five or six teams ranked in the RPI (strength of schedule) top 100.

"And we have a veteran team this year. We have four-year players who aren't going anywhere (leaving college early for the professional ranks). Teams like UConn have younger guys who are 18 years old."

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 91,713
MAR 1 2006



New England Newsclip
AGENCY, INC.

Honors follow fine year

By JEFF THOMAS
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It was a disappointing ending to a sensational regular season for the Westfield State College men's basketball team.

The top-seeded Owls were upset in the semifinals of the Massachusetts State College Athletic Conference Tournament by Worcester State on Friday, a loss made worse by the fact that they hosted the tournament at the Woodward Center and had their best crowd of the year.

Still, Westfield captured the MASCAC regular season crown and hosted the tournament for the first time in its 17-year history. The 18 wins by the Owls were the second most in program history.

Owls coach Rich Sutter was named the MASCAC coach of the year and freshman guard Dave Jaehnig was voted rookie of the year.

Senior forward Mike Jurkowski and junior guard Gavin Illangakoon were named first-team All-MASCAC and senior forward James Ogbunize was voted to the second team.

WNEC: Senior guard Jon Godbout was voted to the Great Northeast Athletic Conference first team for the third straight season.

Godbout helped the Golden Bears to a 14-13 mark, 11-7 in the GNAC, and a berth in the GNAC Tournament semifinals.

The two-time captain led WNEC in scoring (17 points per game), assists (80), steals (45), field goal percentage (.454), 3-point percentage (.463) and free throw percentage (.738).

Men's notebook

Godbout is also a three-time All-GNAC Academic Team member with a 3.67 cumulative grade point average in accounting.

ELMS: The Blazers hit the road today to prepare for their NCAA Tournament first-round game at Norwich tomorrow night.

Elms coach Ed Silva said he expected to be in this situation this year, but that last year's success was a bonus to the program.

"With the recruiting that we had done and the kids that we had put together we felt like this year we could make a run," Silva said. "But last year was wow, just overwhelming because we didn't think we'd get to that point so quickly."

This year's 22-6 season was coasting along until 2004-05 North Atlantic Conference rookie of the year Renato Lindmets (Springfield) was lost for the season.

"This year we knew we had a very talented team coming in and we were picked No. 1 in the conference. We got off to a little bit of a rocky start, but then we started turning it around and then Renato breaks his foot," Silva said. "I thought we could have got derailed but to the kids' credit they adjusted quickly and we've won a bunch of games in the second half since Renato went down."

The Blazers are riding a 10-game win streak, tops in the program's history. Last year was the first NCAA appearance

for Elms and it nearly upset Salem State.

Junior guards David Williams and John Ancrum were named to the All-NAC second team and senior forward Lonnie Branyon was an honorable mention pick.

AMHERST: Senior guard John Bedford was named the New England Small College Athletic Conference player of the week as he led the Lord Jeffs to the conference championship.

Bedford averaged 22 points and 6.5 rebounds in a pair of wins, first over Bates and then against Tufts in the title game.

Amherst (25-2) earned one of five byes from the NCAA Tournament committee and will play in the second round at home Saturday against the winner of tomorrow's game between Plattsburgh State and Hamilton.

SPRINGFIELD: At 10-16, this was the worst season statistically in Charlie Brock's eight years coaching on Alden Street.

But if football is a game of inches, basketball is a game of millimeters, the difference between a made shot and a missed shot.

The Pride lost their 16 games by an average of 6.6 points, a very low number. They lost 10 games by six or fewer points, seven games by four or fewer points and lost by double figures just three times.

Think of it this way: a four-point swing – an extra make for SC and one less for the opposition in each game – would have made for a 16-10 season for the Pride.

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 91,713
MAR 8 2006



New England Newsclip
AGENCY, INC.

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... Westfield State College women's basketball freshman Lauren Sylvain of Hadley was named Massachusetts State College Athletic Conference rookie of the year. Senior guard Meghan McCarthy of Belchertown and Sylvain represented the Owls on the all-conference second team. McCarthy had the best assist (96) to turnover (63) ratio in the conference. Sylvain's 62 3-pointers were a school record for a freshman.

AGAWAM ADVERTISER NEWS

FEEDING HILLS, MA
WEEKLY 9,000

MAR 9 2006



Submitted photo

Kristen Strole of Feeding Hills (Agawam High School) was a key member of the Westfield State College women's basketball team during the 2005-2006 season. The 5'10" junior forward started 18 of 26 games, scoring 92 points and grabbing 65 rebounds. The Owls, whose 13-player roster consisted of eight freshman and three sophomores, posted a 12-14 overall record. They defeated NCAA Tournament team Norwich and ECAC qualifier Keene State, and lost in overtime to Springfield College. Westfield qualified for the Mass. State Conference postseason tournament as the No. 4 seed with a 6-6 conference regular season record.

Hockey *March 2006*

onship." Assistant captain Douglas Surette said, "The seniors stepping up with leadership was one of the biggest attributes to our success."

Surette also said that the new talent played a role in the turnaround. "With the new freshman and transfer talent, our coach could throw in new strategies," he said.

According to Alejandro dedication is another large part of their success. "We gave our time and were dedicated to do things on the ice that were needed to be winners."

"Hard work winds up with good results," he said. They practiced late at several times a week at Amelia Park Ice Arena.

Alejandro said that their success can also be credited to the dedication of the administration, especially faculty advisor Dr. Scott White. "We're not on campus so we can't oversee student behavior, Dr. White is absolutely critical and a great support."

There are currently steps being made to move the team into varsity status, but Alejandro says that unfortunately this is a long process that takes a lot of both time and money. He said that he is hopeful that it will happen within the next few years.

Peter Laviolette is a WSC hockey alumnus who plays a crucial

role in this status change. Currently Laviolette is head coach of the Carolina Hurricanes and this year's men's Olympic team.

Alejandro says that Laviolette takes incentive to raise funds. "There is a commitment; hopefully it happens sooner than later, but it's hard to say when raising money," he said.

After a successful season by the Owls, the coaches look forward to next year. Alejandro and assistant coach Tim Sears both said that goals for next year include becoming more disciplined and performing better in the classroom.

They also said that they are hopeful that

the demonstration of such a good season will bring in future prospects for the team. Sears said he thinks that once people see quality, it should attract more interest.

"People have misconceptions of club hockey," he said. "Some kids bypass us because we are not varsity."

Alejandro said, "We need help to move forward like student body support for the program next year. We think we have something good going for the school."

**"People have
misconceptions
of club hockey.
Some kids
bypass us
because we are
not varsity."
-Tim Sears**

Westfield grad is coach at George Mason

By Mickey Curtis

Westfield State College was represented at the NCAA Division I basketball Final Four this past weekend as a result of George Mason University's shocking overtime victory over the University of Connecticut in Regional Finals in Washington, D.C.

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Heading into the Final Four, the Patriots had posted a 27-7 record with NCAA Tournament victories over three teams that have won

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"I'm 25 years old and I am in the Final Four as an assistant coach; it's pretty crazy," said Caputo. "Timing and luck are huge factors."

Hard work, dedication, and loyalty also are major reasons Caputo experienced college basketball's biggest stage this past weekend. The week before Selection Sunday, Caputo slept in the lockerroom before taking a flight to Massachusetts to recruit a player. A day later, he was flying to Arizona for another recruiting visit.

Caputo expects the recruiting to intensify after George Mason's Final Four appearance. Unlike many of the so-called experts, however, he doesn't believe the Patriots' tournament victories were truly that stunning.

"We've had success before," Caputo said. "We advanced to the (NIT Tournament) third round in 2004. Plus, we have been playing tougher non-conference teams during the regular season and our conference (Colonial Athletic Association) had five or six teams ranked in the RPI (strength of schedule) top 100."

"And we have a veteran team this year. We have four-year players who aren't going anywhere (leaving college early for the professional ranks). Teams like UConn have younger guys who are 18 years old."



Chris Caputo, a 2002 Westfield State graduate, is an assistant coach for George Mason University. Photo courtesy of George Mason University.

CAPE CODDER

ORLEANS, MA
WEEKLY 14,755
MAR 10 2006

Vanessa Morton caps career

Vanessa Morton of Wellfleet, a 2002 Nauset Regional High School graduate, wrapped up her swimming career at Westfield State College by winning the 100-meter freestyle at the New England Intercollegiate Championships last week.

She won by more than a second in 54.92 seconds. Morton also placed second in the 50 free in a school-record 26.33.

Morton was an All-New England swimmer 10 times in her collegiate career. She set five school records: the 50 free, 100 free, 200 free, 50 butterfly and 100 butterfly.

She majored in mass communication and interned at a local television station this spring.

BERKSHIRE EAGLE

PITTSFIELD, MA

SUNDAY 35,641

MAR 12 2006

WESTFIELD DUO — Freshman Andrea Wasuk of Lenox (Lenox) and sophomore Becky Passetto of Housatonic (Monument Mountain) had solid seasons with the Westfield State women's basketball team.

Wasuk, a 5-foot-10 forward, was second on the team in scoring (8.8) and tied for second in rebounding (3.9). She also had 21 steals and 20 assists. She had a season-high 21 points in an 83-75 overtime loss to Springfield. Wasuk led the team in scoring four times and rebound-

ing four times.

Passetto, a 5-foot-9 guard, was third in scoring (8.1) and led the team in rebounding (4.9). She led the team in scoring in seven games including 19 points in a 62-61 triumph over Emerson. She also led the team in rebounding seven times with 13 in a 68-63 victory over Fitchburg and 12 in a 58-54 victory over Framingham.

The Owls, with just one senior on the team, finished 12-14 overall and 6-6 in the Massachusetts Collegiate Athletic Conference:



From left to right, Westfield State College first and second team all-conference players, senior Mike Jurkowski, junior Gavin Illangakoon and senior James Ogbunize. (Photo courtesy of Westfield State College Sports Information Department)

LOCAL COLLEGES UPDATE

Owls net awards

WESTFIELD — The Massachusetts State College Athletic Conference (MASCAC) announced its 2005-2006 All-Conference Men's and Women's Basketball Teams recently and Westfield State had six players honored — four men and two women — and a head coach.

In the major awards categories, Westfield State had the Rookies of the Year in both sports and men's head coach Rich Sutter was selected the MASCAC Coach of the Year.

Sutter guided the Owls to an 18-8 record and a share of the conference's regular season championship. The 18 victories are the second most in the program's history. The eighth year mentor also was the conference Coach of the Year in 2003.

The men's basketball team had two first team selections: Gavin Illangakoon, a junior point guard from Melbourne, Australia, and Michael Jurkowski, a senior forward from Belchertown.

Illangakoon scored 272 points this

season, averaging 10.5 a game. He went 86-102 from the foul line (.843 percent), which was second best in the MASCAC. The 6-2 point guard led the Owls in steals with 46 and had a league leading 104 assists (4.0 per game).

Jurkowski led the team in points scored with 334, averaging 13.9 per game. He was second in both rebounding (6.7 per game) and steals with 37. He shot 51 percent from the field.

James Ogbunize was selected to the MASCAC all-conference second team. The senior center from Staten Island, N.Y., scored 247 points (9.5 per game). His field goal percentage was an impressive .613 percent, second best in the MASCAC. The Owls' top defender, Ogbunize led the conference in blocked shots (74) and ranked third in rebounding (8.1 per game). His 74 rejections are four shy of the single-season school record.

See COLLEGES, Page 11

Association's Diver of the Week for the sixth time last month. Shaw won both the one- and three-meter diving competitions at the NEWMAC Championships Feb. 24-26, scoring 508.70 and 521.55 points, respectively. The senior All-American has successfully won all eight diving titles in his remarkable four-year NEWMAC Championship career. He is looking to defend both national titles at the NCAA Division III Championships March 14-19 at the University of Minnesota.

Continued from Page 9
game. The 5-10 guard made a team-high 62 3-pointers (third in the MASCAC). Sylvain's 62 treys are the most by a freshman in the program's history. Westfield State head coach Andrea Bertini set the previous record of 43 3-point baskets made during her freshman year in 1993.

SHAW DEFENDS NATIONAL DIVING TITLES: Former Westfield High School diving sensation Mike Shaw, a senior at Springfield College, was named the Eastern College Athletic

guard from Belchertown, and Lauren Sylvain, a freshman forward from Hadley, who also was named the MASCAC Rookie of the Year.

McCarthy scored 157 points for an average of six per game, including 34 three-pointers. She led the league in assist-to-turnover ratio with 96 assists (fourth best in the MASCAC) and 63 turnovers, a plus 1.52 ratio. McCarthy also recorded 47 steals and 101 rebounds.

Sylvain scored a team-high 269 points for an average of 10.3 per

Dave Jaehnig, a freshman guard from Quincy, was named the MASCAC Rookie of the Year. It marked the second year in a row a Westfield player received the honor; last year's recipient was Tony Collier.

Jaehnig scored 143 points, averaging 6.8 per game. He had 83 rebounds, 29 assists, and 27 steals. Jaehnig started 13 of the 21 games he played and averaged 21.4 minutes per game.

The women's basketball team had two second team selections: Meghan McCarthy, a senior point

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1511 40

Jaehnig nets rookie honor

Freshman lifts
Westfield State

By Monique Walker
GLOBE STAFF

Westfield State men's basketball coach Rich Sutter knew he had a candidate for the Massachusetts State College Athletic Conference's rookie of the year. Other coaches agreed, as Westfield freshman guard Dave Jaehnig of Quincy was selected for the honor.

"One of the things I think [coaches] notice is he's very competitive and he likes to win," Sutter said. "His numbers won't stand out at you, but he has the ability to make the right play at the right time."

Jaehnig averaged 6.8 points a game and added 83 rebounds, 29 assists, and 27 steals throughout the season. He started 13 of 21 games and averaged 21.4 minutes a game.

"I try to do whatever the team needs," Jaehnig said.

The game in which Jaehnig established himself was against Bridgewater State earlier this season. Westfield was down at half-time 41-33 and had a couple of its key players in foul trouble.

"We were losing by about seven points with about five minutes to go, and he completely stepped up and took over the game," Sutter said.

At 6-foot-4, Jaehnig scored a team-high 14 points and collected



WESTFIELD STATE COLLEGE

Dave Jaehnig of Quincy averaged 6.8 points a game and added 83 rebounds, 29 assists, and 27 steals for Westfield State.

nine rebounds and three steals in Westfield's 71-59 victory. He played 33 minutes in that game.

Jaehnig credits his experience at Boston College High School and his summer AAU team with helping him prepare for college competition.

"In the summer we played with a bunch of older kids, and we traveled up and down the East Coast playing some high-quality teams," Jaehnig said.

Sutter said he could see that experience in the early practices this

season, and as the season progressed Jaehnig earned more playing time. He became a key in the Owls' 18-8 season.

The Owls shared the MSCAC regular-season championship with Salem State with a 10-2 league record. It was the second-most victories and second conference title in school history.

Westfield was on a nine-game winning streak before losing to Worcester State, 70-53, in the semifinals of the conference tournament on Feb. 24.



'His numbers won't stand out at you, but he has the ability to make the right play at the right time.'

RICH SUTTER,
Westfield coach, on
Dave Jaehnig (above)

Jaehnig said he was pleased with his first college season. He said he learned about Westfield from his brother, Pat, who is a captain on the baseball team there.

Sutter said he believes Jaehnig can continue to build on this season.

"I see him in more of a leadership role and as somebody who will continue to contribute for us in a number of ways," Sutter said.

Contact Monique Walker at
mwalker@globe.com.

REPUBLICAN

SPRINGFIELD, MA
FRIDAY 91,713
MAR 17 2006



New England Newsclip
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225 14
LOCAL COLLEGES

Westfield sweeps

Michael Fair went 2 for 3 as **Westfield State College** beat Anderson University (Ind.) 5-4 in the first game of a college baseball doubleheader in Port Charlotte, Fla., yesterday, and **Jay Brown** hit a two-run single in the bottom of the sixth to lift the Owls over Anderson 5-3 in the second game ... **Holyoke Community College's Ben Campbell** hit a three-run homer, but the Cougars lost a doubleheader to the UNC-Greensboro junior varsity 14-6 and 8-6 at North Carolina ... **Jeff Rustico** had an RBI for **American International College**, but the Yellow Jackets lost to Wilmington 2-1 ... **Ryan Kravontka** had a two-run triple, but WNEC lost to Wheaton 8-4 ... **Christie Sullivan** had an RBI double for **Westfield State**, but the Owls lost a softball doubleheader 4-0 and 9-2 to SUNY-Brockport in the Gene Cusic Classic ... **Western New England College's Jackie Card** was 4 for 5 with four RBIs as the Golden Bears split a doubleheader against Nichols in the Cusic Classic. WNEC lost the first game 4-3, but took the second 13-2 ... **Elms College's Patrick Boyajian** had 16 kills and six blocks, but Elms lost to host Emmanuel in four games in volleyball.

REPUBLICAN

SPRINGFIELD, MA
MONDAY 91,713
MAR 20 2006



New England Newsclip
AGENCY, INC.

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JH

Owls end road trip with win

Staff reports

Jay Brown had three hits, and Ryan Shimon and Justin Parr had two hits apiece as Westfield State College concluded its Florida baseball trip with a 9-5 victory over Suffolk at Port Charlotte yesterday.

Brown had two doubles and an RBI, Shimon had a double, an RBI and three runs scored, and Parr had a triple and two runs for the Owls (4-6), who won four of their last five games.

WNEC 10, Western Conn. 3: Center fielder Garrison Ward went 4 for 6 with a double and two RBIs as Western New England College topped Western Connecticut State at the Port Charlotte Invitational.

Ryan Kravontka drove in two runs for the Golden Bears (6-3), and Jason Connelly added a double and an RBI.

Starting pitcher Jason Pizoferrato picked up his first

Local colleges

victory of the season.

SOFTBALL

Florida Atlantic 4, UMass 3: Florida Atlantic put up four unearned runs in the final three innings to defeat the Minutewomen in the fifth-place game of the FAU Parents Weekend Tournament at Boca Raton, Fla.

Freshman pitcher Brandice Balschmitter, who scattered four hits, struck out seven and walked four, took the loss for UMass (9-11). Freshman Whitney Mollica went 3 for 4 with a triple and an RBI.

WOMEN'S LACROSSE

Swarthmore wins Seven Sisters: Katie Crawford scored four goals to propel host Swarthmore past Wellesley 11-8 in the final of the 15th Seven Sisters tournament.

In a thrilling third-place game between Mount Holyoke

and Haverford, Danielle Babcock's goal with eight seconds remaining tied the game at 12 for Mount Holyoke, but Liz Jocimel scored with 1:42 left in overtime to lift Haverford to a 13-12 victory.

Smith College fell to Vassar 14-4 in the fifth-place game.

Mount Holyoke's Marika Austin and Caitlin Taylor, and Smith's Sara Smyth made the all-tournament team.

MEN'S SWIMMING

Division III Championships: Defending national champion Mike Shaw of Westfield finished second in both the 1-meter and 3-meter diving events as the Springfield College swimming and diving team placed 17th at Carleton College in Northfield, Minn.

Shaw recorded a score of 507.55 in the 1-meter dive, and scored 501.20 points in the 3-meter.

Roy Burch took fourth in the 50 free with his time of 20.75.

WESTFIELD EVENING NEWS

WESTFIELD, MA
MONDAY 5,900
MAR 20 2006



New England Newspap
AGENCY, INC

251

AS

Westfield launches hit attack

PORT CHARLOTTE, Fla. — A seven-run fourth-inning uprising and a 15-hit attack powered the Westfield State baseball team to a 12-6 victory over Ramapo College of New Jersey on Saturday.

It was the first loss of the season for Ramapo, which is 4-1. The Owls improved to 3-6.

The Owls snapped a 1-1 tie with their seven-run outburst in the fourth; they collected six hits in the inning. They led 10-2 heading into the final three frames.

Westfield's leadoff and No. 2 batters — Jay Brown and Ryan Shimmon — collected nearly half of Westfield's 15 hits. Brown was 4-for-5 with two runs scored and an RBI. Shimmon was 3-for-4 with a triple, double, three runs scored and two RBI.

Freshman catcher Scott Schuster, a former Westfield High Bomber, was 2-for-4 with two runs scored, two RBI, a double and a solo home run. Also driving in two runs were Pat Jaehnig and Steve Burndrett.

Senior J.P. Murphy was the winning pitcher. He went seven strong innings, allowing one earned run, one walk and six hits while striking out six.

Layton, French and *Westfield* Sinopoli all shine at next level

TOWN CRIER (WILMINGTON
EDITION)

WILMINGTON, MA
WEEKLY 7,000
MAR 22 2006

The University of Vermont men's lacrosse team extended its winning streak to two games with a 12-5 victory over Holy Cross last Saturday.

Senior Mike Maher (Huntington Station, N.Y.) continued his hot start to the season notching four goals. Sophomore Jamie Kirk (Orangeville, Ontario) had two goals and three assists.

Sophomore Andrew Holden (Glastonbury, Conn.) had a pair of goals. Junior Sean Layton (Wilmington, Mass.) and junior Dan Zwirko (Longmeadow, Mass.) each had one goal and one assist.

Vermont senior captain Mike Maher (Huntington Station, N.Y.) continued to be an offensive force scoring a career high six goals to lead the Catamounts to an 11-9 victory over Canisius at Liverpool High School. Maher has 17 goals in the first five games of the season and has a total of 25 points. The win was the third straight for the Catamounts who improve to 4-1 on the season.

Maher's six goals give him 96 career points, putting him just four points shy of 100 in his career. His 25 points this year is already 11 points more than his entire 2005 season total.

Vermont had a 10-9 advantage with less than one minute to play when senior captain Austin Humphries (Salem, Va.) sealed the win for the Catamounts. Humphries beat two Canisius defenders and scored the game-clinching goal to give Vermont its third straight victory.

Junior Sean Layton (Wilmington, Mass.) added two goals and to assists for the Catamounts while senior Brian Connolley (Wilton, Conn.) scored his first two goals of the season. Junior Adam Kornuth (Denver, Colo.), sophomore Gordon Holden (Glastonbury, Conn.) and junior Branden Moore Sophomore goalie Justin



Wilmington resident Bobby French is honored by Raphael Dowdy, the Northeastern University football team's running backs coach, as the Special Teams Player of the Year recently. (courtesy photo)

Lubas (Freehold, N.J.) made nine saves and improved to 3-0 on the season.

The Catamounts return to action on Saturday when they take on Lehigh at 1:00pm in Syracuse, N.Y. at Coyne Field.

French honored at NU

Bobby French of Wilmington was awarded the Northeastern University Special Teams Player of the Year 2006 at the team's banquet held recently.

French has played on every line of special teams in addition to being the starting fullback. French, who will be graduating from Northeastern University with a Degree in Business Management on May 6, 2006, has played football for the university for the past five years.

He has lettered for the past three years, and has also made Deans list for two years. This award was presented to French by his running backs coach and friend, Coach Raphael Dowdy.

Sinopoli tosses gem

PORT CHARLOTTE, Fla. - The Westfield State baseball team posted its first victories of the season with a big double header sweep of Anderson University (Indiana) on March 16.

The Owls won the opener in extra innings, 5-4, and rallied to win the second game, 5-3.

Westfield's record is now 2-5 while highly touted Anderson University is 4-3.

Westfield received a fine pitching performance from Bob Sinopoli in the opener. The

freshman from Wilmington went the distance, allowing seven hits and three walks while striking out six in nine innings.

The Owls trailed 3-1 after five innings, then sent the game into extra frames with a run in the sixth and seventh innings.

Westfield freshman Michael Fain, who was 2-for-3 with a double, delivered the game-tying RBI in the seventh.

Westfield scored twice in the top of the ninth on a sacrifice fly by Ryan Shimmmon and a catcher's error. The Owls had the bases loaded with no outs in the eighth but failed to score.

Anderson University scored a run in its final at on a walk, single and sacrifice fly.

In the second game, Westfield scored three runs in the bottom of the sixth to take a 5-3 lead. With two outs and the bases empty, the Owls loaded the bases on a fielding error, a walk and a hit batter. Jay Brown then delivered the game-winning hit, a two-run single.

The Owls received a strong relief pitching performance from freshman P.J. Hoynoski. The Westfield High School graduate hurled the final three innings, allowing one hit and one walk in notching the pitching victory.

Westfield was outhit, 8-4 in the second game but Anderson pitcher John Toschlog issued two walks and hit four batters in going the distance.

Anderson committed seven errors in the twinbill while the Owls only had one miscue.

REPUBLICAN

SPRINGFIELD, MA
FRIDAY 91,713
MAR 24 2006

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WNEC 9, Westfield State 6:
Steph Ganser ripped a three-run homer, and the Golden Bears pounded out 13 hits to spoil the home opener for the Owls.

Ganser cleared the fence in left field in the third inning to plate three of WNEC's four runs in the inning. Jen Piorkoski delivered a two-run double in the first inning for the Golden Bears (11-4), who led 9-2 before the Owls (2-9) added four runs in the sixth inning.

Brittany Silva had three hits and Jackie Mason two hits and two RBIs for the Owls.

For WNEC, Brenna Fitzgerald was 4 for 4 and Jackie Card had two hits and scored twice.

Alex Paterson picked up the victory, allowing one earned run on five hits.

BERKSHIRE EAGLE

PITTSFIELD, MA
SUNDAY 35,641
MAR 26 2006



new England Newsclip
AGENCY, INC.

1280

Westfield St. baseball tri-captains from county

What do Joe DeSoldato, J.P. Murphy and Ryan Shimon have in common? The three athletes are captains of the Westfield State baseball team and all are from Berkshire County.

DeSoldato, from West Stockbridge (Monument Mountain), is in his fourth season pitching for the Owls. The 6-foot, 185-pound left-hander, is currently 1-1 with a 7.50 earned run average. He's worked six innings with seven hits, seven runs (five earned), seven walks and three strikeouts. He gave up five hits in four innings in a 9-5 triumph over Suffolk College during the team's recent Florida trip in the Port Charlotte area.

Murphy, a 6-foot-2, 185-pound right-hander from Pittsfield (Taconic), is 1-0 with a 1.93 earned run average. He's worked 14 innings and given up 11 hits, six runs (three earned), walking one and fanning nine. He worked seven innings and gave up six hits and four runs, one earned, in a 12-6 victory over Ramapo in Port Charlotte. He, like DeSoldato, is in his fourth year season of action.

"Joe and J.P. are both outstanding pitchers in our league," Westfield coach Ray Arra said.

Shimon, the team's second baseman,

BILL ARSENAULT

Campus Watch

is hitting .387 (12 hits in 31 at-bats). He leads the team in runs scored (10) and has two doubles, a triple and four RBI. In a 15-6 victory over Ramapo, the 5-foot-11, 165-pounder had a triple, double and single with two RBI.

"Ryan is our leading hitter coming out of Florida," Arra said. "He's a very good baseball player."

Shimon, of Great Barrington (Monument Mountain) will earn his degree next winter, but has another year of eligibility and he's already told Arra he will return next season.

"These three are great kids; wonderful kids," Arra said. "They're outstanding captains."

Arra, with over 40 years of coaching and managing under his belt, took over the job as head coach in January. The Owls lost their first five games in Florida, but won four of five to finish 4-6.

"Once the team settled down we played some outstanding baseball," Arra

said. "I feel we're way ahead of where I figured we'd be."

NAILLOS SOLID — Sophomore catcher Stephanie Naillos of Pittsfield (Taconic) is in her second season catching for the Rochester Tech softball team.

Naillos, who was an Empire 8 League second-team selection last year as a freshman, batted .400 (12-for-30) on the team's recent Florida trip. She had four doubles, four runs scored and four RBI.

"Stephanie means a lot to the team," RIT coach John Carpenter said. "She's the person who runs the infield and does a great job at it. She is one of the leaders on our team."

The Tigers ended the Florida trip with a 5-5 record thanks to a 2-1 victory over East Nazarene and a 19-0 triumph over Alverno the final day in Fort Myers.

Naillos had two hits in each game and scored the winning run in the victory over East Nazarene.

PLANTE SETS MARK — In her first outdoor track performance of the season, UMass-Lowell junior Nicole Plante of North Adams (Drury) set a school record trip.

in the 3,000-meter run.

Plante finished second in the Hurricane Classic last weekend at the University of Miami in Coral Gables, Fla. Her time (9:58.04) was 23 seconds better than the old record of 10:12.94 set by Tammie Brooks in 1995.

The performance not only set a UMass-Lowell record, but also qualified Plante for the NCAA Division 2 Outdoor Championships.

HERZOG IN RELIEF

College sophomore Joe Herzog of Cheshire (Hoosac Valley) picked up the victory in a 7-2 baseball triumph over Merrimack with four solid innings of relief recently in Winter Park, Fla.

Herzog, a left-hander, entered the game in the sixth inning and promptly gave up an RBI single that tied the game at 2-all. He got the side out in the sixth, and got the side out in order in the seventh and eighth. He walked two batters in the ninth with one out, but got the side out by ending the game with a fly out and a strikeout.

The victory over Merrimack gave the Falcons a 3-4 mark on their Florida trip.

SONDRINI STARTING

Zach Sondrini of Pittsfield (Pittsfield High) is starting at midfield for the Western New England College men's lacrosse team, which is currently ranked 17th in the country in Division 3 but suffered a 13-5 loss to No. 10 Wesleyan Wednesday in Middletown, Conn.

Sondrini, who scored the first goal of the game for the Golden Bears, has four goals in five games. The 6-foot, 185-pounder had two goals in an 18-7 victory over RPI.

WNEC is 4-1 after a 4-0 start.

NOTES

— Junior Jeff Quetti of Pittsfield (St. Joseph's) is seeing action in the outfield for the Susquehanna University baseball team. . . . Tourney-tested junior Rebecca Pohle of Williamstown (Mount Greylock) will be a key performer for the young Elmira College women's golf team this spring. . . . Senior left-hander Aaron Cuiello of Pittsfield (Pittsfield High) is a key returning pitcher for the St. Michael's College baseball team. . . . Freshman Nick Kaiser of North Adams (Mount Greylock) is starting on defense for the Franklin Pierce men's lacrosse team.

(12/25/05) (over)

Westfield State sweeps doubleheader to get back to .500

WESTFIELD — The Westfield State College baseball team came from behind in both games to sweep a doubleheader from Saint Michael's College, 3-2 and 7-4, on Saturday.

It was the home opener for the Owls, who have won six of seven games to even their record at 6-6. Saint Michael's, located in the Burlington, Vt., suburb of Colchester, is 0-4.

Westfield senior pitcher J.P. Murphy nearly went the distance in

garnering the victory in the opener. The Pittsfield (Taconic) product allowed one earned run and no walks in 6 1-3 innings. He struck out three and scattered seven hits.

Steve Sullivan, a 6-3, 220-pound freshman from Quincy, notched his second pitching save of the season as he got the game's final out with a runner at third base.

Both teams scored a run in both the second and fourth innings. Westfield tied the score at 2-2 on an

RBI double by Pat Jaehnig (Quincy), who was 2-for-2 with a run scored.

The Owls scored the winning run in the sixth. They led off the inning with three consecutive walks. After a fielder's choice forced a runner at home, Garrett Kendziera drove in the winning run when he barely beat the throw to first on a double play attempt.

Later, the Owls trailed 4-0 as Saint Michael's scored a run in the first — aided by two walks to start the game

— and three runs in the third.

Westfield scored a run in the fourth and three unearned runs in the fifth on only one hit — a two-out single up the middle by Jaehnig that made the score 4-3. Westfield then tied the score when Justin Parr was hit by a pitch with the bases loaded.

The Owls' game-winning RBI was delivered by Ryan Shimmmon, who put down a perfectly executed bases-loaded sacrifice bunt. CJ Ahearn then blasted a two-run double.

COURIER

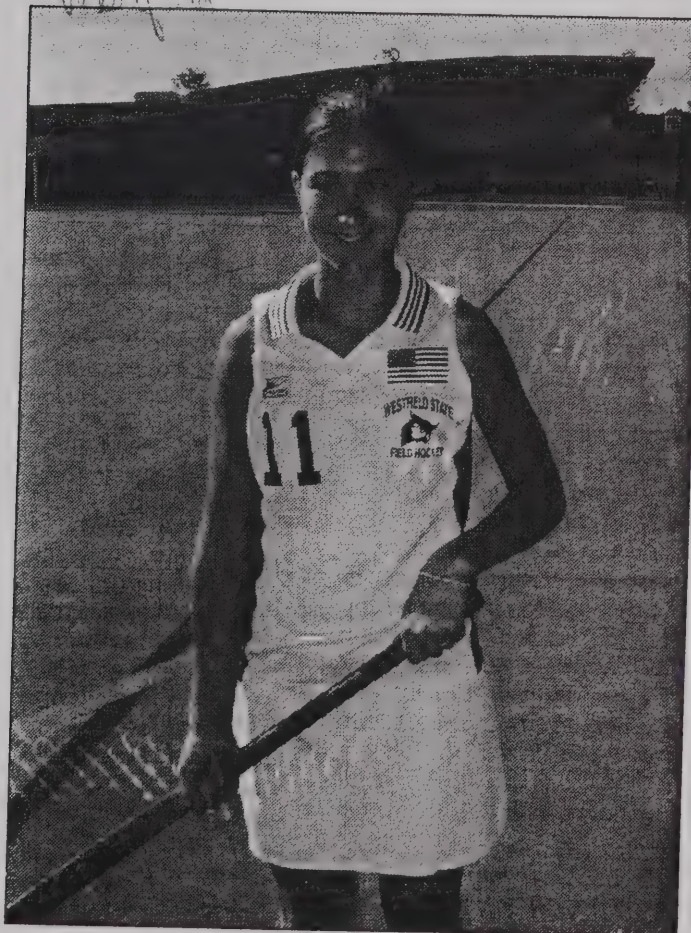
LITTLETON, NH
WEEKLY 7,000
MAR 29 2006



New England Newsclip
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LITTLETON ALUM



COURTESY PHOTO

Lindsay Wood, of Littleton, a 2005 graduate of Littleton High School, was a key member of the Westfield State College field hockey team during the fall.

Westfield won nine of its final 12 games to finish with a 10-9 record. The Owls shared the Mass. State Conference regular season championship with Fitchburg State College.

Wood, a freshman forward, played in 14 of Westfield's 19 games. She recorded one assist.

Owls pitch one- hitter

Former Bomber Schuster hits

WESTFIELD — Freshman catcher Scott Schuster (Westfield) and junior shortstop Justin Parr (North Attleboro) both collected two hits and two RBI, and three Westfield State pitchers combined for a one-hitter to lead the Owls to a 5-0 non-conference baseball victory over Elms College on Wednesday.

It was the first ever meeting between the two Western Mass. colleges. Westfield evened its record at 7-7 while Elms dropped to 3-8.

Westfield starting pitcher Joe Tremblay threw six and a third innings, allowing just one hit - a flare single by Elms leadoff hitter Joe Ferry (Palmer) just in front of a diving leftfielder.

Tremblay, a 6-4 junior from Westhampton (Hampshire Regional High School), struck out six and walked four in improving his record to 2-1.

Westfield broke open a scoreless game with a three-run uprising in the fifth inning. Parr delivered the game-winning hit, a two-run double to the left-centerfield gap. He advanced to third on an errant relay throw - the game's only error - and scored on a groundout by Ryan Shimon.

Schuster smacked RBI doubles in both the sixth and eighth innings.

- WESTFIELD EVENING NEWS, Thursday, March 30, 2006

SOFTBALL

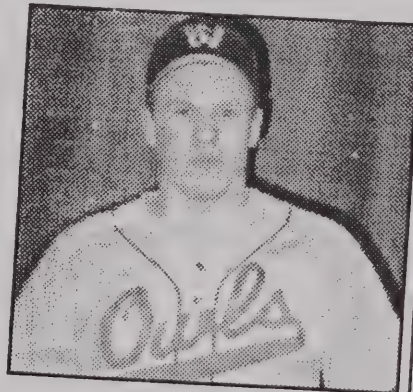
WNEC 9, Westfield State 6

WESTFIELD — The Westfield State softball team lost its home opener to Western New England College, 9-6, on Tuesday.

The loss dropped Westfield to 2-9 and propelled WNEC to 11-4.

WNEC jumped out to a 9-2 lead after three and a half innings. The Golden Bears scored three runs on four hits in the first inning and four runs on four more hits in the third. WNEC scored two unearned runs in the fourth following a dropped fly ball.

The big blow for WNEC was Steph Ganser's (Fairfield, CT) three-run homer deep over the leftfield fence in the third inning.



SCOTT SCHUSTER

Visit us on the Web at WMSportsJournal.com



Photography courtesy of Westfield State College

Twin sisters Lauren (left) and Katie (right) Sylvain are an important part of a strong youth movement on the Westfield State women's basketball team.



Photography courtesy of Westfield State College

YOUNG OWLS MAKING STRIDES

By MATTHEW OSGOOD
Sports Journal

Former Hopkins Academy stars and twin sisters Katie and Lauren Sylvain are used to seeing each other around. Aside from catching site of each other lounging around their Hadley home or in their separate dorm rooms, they have also been teammates for years, and they are now sharing a pivotal role as freshmen on the Westfield State College women's basketball team.

The twins earned their own chapter in Western Massachusetts high school lore by scoring their 1000th points on the same night last winter. Lauren hit the mark first, followed shortly by her sister, a pattern than began at birth. Both have stepped eagerly into the challenge of a higher level of collegiate play.

"(College basketball) is a lot more physical, a lot more com-

petitive," Katie Sylvain said. "You're playing every game against girls who were all-stars at their school, and it's a whole different level."

Andrea Bertini, first-year coach for the Owls, agreed.

"I think the speed and the strength of the game is a lot tougher, and it is a lot harder to play at this level," she said.

For Lauren Sylvain, the step-up was expected.

"I knew it was going to be a lot harder coming into college," she said. "I knew I had a lot to work on with my game, especially my defense. I knew I wasn't going to come in and be a big threat, so my main focus was learning new stuff because I was coming to a new level."

The Sylvain sisters aren't the only fresh faces on the Owls team, which boasts a 3.4 team-GPA in the classroom. In fact, there are currently nine first-year players, a new coach and two first-year assistant

coaches on the roster.

"It's good that there are a bunch of other freshmen," said Lauren. "If someone is down, we're all going through the same transitions, so we're there to pick each other up. We're all learning the same thing. We're all doing it at the same time."

Bertini is encouraged with the early results.

"This is a really great class, a lot of young players that are very solid, but I think at times that we're learning as we go," Bertini said. "Every day is a learning experience, but it gets better everyday."

Emerging to provide a sense of calm and experience has been Meghan McCarthy, a pocket-sized point guard from Belchertown, who serves as the team's co-captain and lone senior.

"What I want to give to them is an understanding of what college basketball is," McCarthy said. "If I can leave them with that under-

standing, then I've done my job. When I was a freshman, I had good senior leaders who taught me, so I want to pass that on."

Bertini understands how valuable McCarthy has been.

"Meghan has really been unbelievable in (every) aspect, not just on the court, but off," noted Bertini. "She's a tremendous leader. She's really done a good job showing the younger players what it is like to be an athlete at Westfield State, how much it means to be an athlete here, and teaching the kind of compassion you need to bring everyday."

McCarthy, like Bertini, has high hopes for the team once all the pieces are in place.

"You wait," the senior promised. "Watch out. In three years, they're going to make NCAA's. They've gotten so much better this year already. Once they get the chemistry and experience, they're going to be amazing."

WSC has a big day

WESTFIELD — Sophomore third baseman Garrett Kendzeira lined a bases-loaded, one-out single in the bottom of the ninth inning as Westfield State rallied for a 7-6 victory in the second game of a double header sweep of Mass. Maritime on Saturday.

Westfield, which won the opener, 5-4, is now 9-8 overall and 2-0 in the Mass. State Conference. Mass. Maritime is 5-4 and 0-2.

In the second game, the Owls battled back from a 6-3 deficit by scoring three runs in the seventh to send the game into extra innings.

Ryan Shimmon's (Great Barrington) sacrifice fly made the score 6-4. Jay Hardell was hit by a pitch and a walk to Steve Sullivan loaded the bases. Justin Parr then drew a walk to force in a run and make the score 6-5.

Freshman catcher Scott Schuster (Westfield) then tied the score at 6-all with an RBI single through the left side of the infield. Kendziera had an opportunity to end the game in the seventh, but he grounded out to the shortstop on a 3-2 pitch to end the inning.

In the ninth inning, freshman P.J. Hoynoski (Westfield) led off with a single through the left side. Sullivan was hit in the head with a pitch and Parr perfectly dropped a bunt down the third base line to load the bases.

Schuster hit into a fielder's choice, forcing Hoynoski at home, then Kendziera smashed a hard shot down the leftfield line for the big comeback victory.

Mass Maritime jumped out to a 3-0 first-inning lead before Westfield tied the score with single runs in the second, third and fourth innings.

A.J. Garstang was 2 for 3 with a triple and two RBI for the Bucs, while Robert Kent clubbed a triple and double.

Schuster was 2 for 5 with a double and three RBI. Parr was 2 for 3 with a double.

In the first game, Westfield jumped out to a 5-1 lead and held on for the victory as Mass Maritime scored three runs in the sixth.

Parr and Shimmon — the first two hitters in the Owls' batting lineup — collected five of Westfield's 10 hits. Shimmon was 3 for 3 with an RBI and Parr was 2 for 4 with a double and an RBI.

Senior J.P. Murphy (Pittsfield) pitched into the sixth inning for the victory; he improved 3-1 on the season. Sullivan pitched two innings of relief to record his third save. Westfield's pitchers allowed nine hits but they did not issue a walk.

Mass. Maritime's Calvin Rinck was 2 for 3 with two doubles and two RBI.

COLLEGE SOFTBALL

Game 1 - WSC 14, MM 0;

Game 2 - WSC 19, MM 2

WESTFIELD — The Westfield State softball team opened Mass. State Conference play by cruising to 14-0 and 19-2 victories over Mass. Maritime Academy on Saturday.

Westfield moved to 4-10 overall while Mass Maritime was playing its first two games of the season.

In the opener, the Owls opened

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OWLS

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with eight first-inning runs in the five-inning game.

Freshman centerfielder Jackie Mason (Florida, MA/Drury High School) was 2 for 2 with two runs scored, two RBI and three stolen bases. Sophomore Adrienne Walker (Springfield Sci-Tech) was 2 for 3 with two runs scored, a double and an RBI.

Winning pitcher Katie Kissel (Monson) allowed three hits and no walks and struck out four.

In the second game, the Owls scored six in the first and 10 in the second. Freshman shortstop Lindsay Jardin was 2 for 4 with two RBI and two runs scored. Catcher Liz Patricelli was 1 for 3 with a double, two runs scored and four RBI.



The major project to resurface the college's AstroTurf field and all-weather running track began on Monday, March 20. The project will include the resurfacing of the field and running track with new state-of-the-art surfaces, the construction of paved pedestrian walkways to the bleachers, replacement of the field fencing, and the relocation and expansion of the track and field event areas. The project is expected to be completed by the end of July, weather permitting. During the project, the field and running track will be closed. Also, access to other athletic areas inside the black fence will be limited due to the scope of the construction. *Photo By Katie Effler*

april 2006

"Okie" hoop tourney April 8

The sports promotion class at Westfield State College is hosting the SPALDING Hoot Hoot Hoop It Up For "Okie" basketball tournament finals on April 8 from noon to 5 p.m. at the Woodward Center. All proceeds will go to the John O'Connell fund.

John "Okie" O'Connell was a senior at Westfield State College who passed away attempting to stop a fight between a friend and another man. He was hit violently in the

head without provocation and died less than 24 hours later due to injuries he sustained on October 21, 2005.

The fund has been established to provide scholarships for deserving college-bound students, special needs students needing assistive equipment, as well as anti-violence education to teach young people about the damage that one punch can do.

The basketball tournament is

open to the public and will feature a 3-on-3 basketball tournament and hot shot contest. Winners of the tournament and contest will receive free T-shirts and other special prizes.

Signed sports memorabilia will be auctioned off, including signed autographs from former Boston Bruins player Bobby Orr.

Contact Dr. Teresa Fitts at 572-5368 for additional information or to make a donation, or call the intramurals office at 572-5417.

Baseball squad blanks Elms, 5-0

WESTFIELD — Freshman catcher Scott Schuster (Westfield) and junior shortstop Justin Parr (North Attleboro) both collected two hits and two RBI, and three Westfield State pitchers combined for a one-hitter to lead the Owls to a 5-0 non-conference baseball victory over Elms College on Wednesday, March 29.

It was the first ever meeting between the two Western Mass. colleges. Westfield evened its record at 7-7 while Elms dropped to 3-8.

Westfield starting pitcher Joe Tremblay threw six and a third innings, allowing just one hit — a flare single by Elms leadoff hitter

Joe Ferry (Palmer) just in front of a diving leftfielder.

Tremblay, a 6-4 junior from Westhampton (Hampshire Regional High School), struck out six and walked four in improving his record to 2-1.

Westfield broke open a scoreless game with a three-run uprising in the fifth inning. Parr delivered the game-winning hit, a two-run double to the left-centerfield gap. He advanced to third on an errant relay throw — the game's only error — and scored on a groundout by Ryan Shimon.

Schuster smacked RBI doubles in both the sixth and eighth innings.

April 2006

WNEC outscores softball team, 9-6

WESTFIELD — The Westfield State softball team lost its home opener to Western New England College, 9-6, on March 28.

The loss dropped Westfield to 2-9 and propelled WNEC to 11-4.

WNEC jumped out to a 9-2 lead after three and a half innings. The Golden Bears scored three runs on four hits in the first inning and four runs on four more hits in the third. WNEC scored two unearned runs in the fourth following a dropped fly ball.

The big blow for WNEC was Steph Ganser's (Fairfield, CT) three-run homer deep over the leftfield fence in the third inning. The key hit in the opening frame was Jen Piorkowski's (Trumbull,

CT) two-run double.

Westfield made the game interesting with a four-run uprising in the sixth inning off relief pitcher Amanda Poyant. Westfield's big hits were triples by Kara Doleva (Shutesbury) and Rosemary Dowling (North Andover).

WNEC out-hit Westfield, 13-9. WNEC's leading hitter was Brenna Fitzgerald (Manchester, NH), who was 4 for 4 with two runs scored and an RBI.

Westfield freshman leadoff hitter Brittany Silva (Wareham) was 3 for 4 with two runs scored. Freshman Jackie Mason (Florida, MA/Drury High School) was 2 for 4 with two RBI. Senior Kayla Banaszek (Swansea) was 2 for 4 with an RBI.

Togneri

ate about that kinda stuff," he said.

Skrubiski said that Togneri should be returning home around mid-October.

Friend and teammate, Casey Lawrence, is an army team leader in an infantry unit out of Worcester and said that Togneri's injuries don't make him feel any differently about his own possible deployment in the future.

"It makes me wish I was with

him," he said. "That's how most of his friends feel."

Lawrence said that he doesn't think that the explosion will change Togneri or his duty to the country.

"I won't change him, this is what he wanted, he's probably happy he's still over there," he said. "I mean, it sucks what happened to him, but he wouldn't want to change anything."



-Photo by Lisandra Billings

Students played intramural co-ed sand volleyball on the sand volleyball court in between Lammers Hall and Courtney Hall on Wednesday, April 19.

April 2006



Westfield State team captains display the leadership manuals they received through an NCAA grant.
Photo By David Harris-Fried

April 2006

Athletics department receives NCAA initiative grants

By Katie Effler

The Westfield State College athletics department received two initiative grants totaling \$7,000 from the NCAA for the 2005-2006 school year.

A total of \$5,000 was awarded to run professional development workshops for team captains, and \$2,000 was earmarked for spirit events.

After sponsoring several captains' workshops last year that received excellent feedback, the athletics department wanted to start a new program that would provide the captains with some type of leadership training.

The NCAA grant allowed the athletics department to hold a more effective and elaborate series of workshops. Many team captains also requested more information to help

them become better leaders.

The athletics department provided team captains with a copy of the book, *The Team Captain's Leadership Manual* by Jeff Janssen, and designed workshops to teach the captains about team building, team chemistry, and stress management.

"Team captains are often selected by their coach and team and are usually seniors who have no formal training or preparation," said Nancy Bals, Westfield State assistant athletics director. "While they are told what is expected of them by their coaches, as a department we want to help them maximize their potential to be great leaders."

Six of the seven workshops scheduled this academic year already have been held. The workshops have emphasized team build-

ing, relaxation, composure and focus, alcohol and drugs, and conflict resolution. In addition, a panel of former captains representing NCAA Division I, II, and III colleges from across the nation came to talk about their experiences.

"Part of leadership training is personally deciding on how to become a better leader, as well as self exploration," said Bals.

The final workshop, scheduled for May 1, is a presentation on stress management.

"The great thing about these workshops is that they bring all the team captains together to share experiences and collaborate on ways to become a great leader," said Bals.

The \$2,000 awarded for spirit events was used for a Pep Rally last September and Midnight Madness in January.

The Voice

The Student Press of Westfield State College

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Issue XXI

WSC football captain injured in Iraq

BY LISANDRA BILLINGS

EDITOR-IN-CHIEF

Westfield State senior, Lance Cpl. Ryan Togneri, is being treated in a hospital in Fallujah after being injured in a roadside bomb on Tuesday, April 11.

Togneri, originally from Turners Falls, Mass., is a Criminal Justice major and was a captain on the football team during the 2005 season.

According to an article in The Recorder, Togneri, who was called in to active duty and deployed with his Marine Corps Reserve unit in December, has had three surgeries in his leg to remove shrapnel caused by the explosion.

"Basically, he had three pieces of shrapnel in his calf," said friend and football teammate, Craig Skribiski. "Two were removed, one

was left because it was embedded in the bone."

Skribiski said that Togneri was navigating shotgun in a humvee when the roadside bomb exploded.

"He's still in Iraq and is going through rehab soon," he said. "He'll probably be off duty for around a month or a little more, then they will place him back on full duty."

Assistant football coach, Sean O'Brien, said that Togneri had wanted to be in Iraq.

"Everybody's always worried about Ryan," he said. "The only person who's not worried about Ryan is Ryan. He wanted to go there, that's what he wanted to do and he was gonna do it."

Skribiski agreed that Togneri wanted to be overseas, "He's passion

See "Togneri" on page 2



-Photo courtesy of Mickey Curtis

Togneri, pictured with his mother, Kerry, and father, Fran, on Football Senior Day in November

Rausch runs marathon to promote phys. ed.

By Scott Sander

Athletics Dept. Student Intern

Robert Rausch, a Westfield State College movement science professor and the Owls' cross country coach, ran in the 110th Boston Marathon and finished with a time of 3:24.05.

He placed 4,601st out of more than 18,000 runners. This was Rausch's third time running the Boston Marathon and his eighth marathon overall.

"I felt great most of the race. I had a two hour and 50 minute pace most of the way," said Rausch, "but somewhere around the 24th mile my legs and feet decided they didn't want to race anymore and my pace slowed down considerably."

A chief reason Rausch ran was to raise funds for House Bill (HB 4737) that is geared toward setting higher standards for physical education in elementary and high schools in Massachusetts. He was able to raise over \$700 from about 60 students and staff.

"The money will be used for promoting the bill, creating info packets for school districts, lobbying, and to get it out to the

public," Rausch said.

"It is important that we take a proactive approach to our health," he continued. "If we don't we are just going to have to pay for it later through health care."

Rausch began his proactive approach for the marathon last November.

"When the cross country season was over I got more serious about my training, I lengthened my runs, and added more hills," said Rausch. "The longest run I did leading up to the marathon was 23 miles."

"You start worrying about what you are eating a few days before the race," he added. "Then on the day of the race you get there early to warm up and stretch.....once the race started it took me five minutes and 12 seconds to get to the start line."

When the race was over runners were provided a nice selection of food and drinks to replenish their energy.

"You have no idea how good the salt on a potato chip tastes: I must have had three bags," said Rausch. "I also had four smoothies."



Robert Rausch is congratulated by Westfield State senior Amy Eisenman after running the Boston Marathon. Eisenman was from a large contingent of WSC students, staff and alumni who served as marathon volunteers.

One for the record books

SENTINEL
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1 of 3

Local hoop star leads Westfield State to championship season

By David Grant
Sports Correspondent

BELCHERTOWN – Mike Jurkowski only attended Westfield State College for two years, but he considers the school home.

Following a remarkable career at Belchertown High School, Jurkowski enrolled at Springfield College for a year and then spent another year at Holyoke Community College before transferring to Westfield.

In just two seasons, Jurkowski helped the Westfield State men's basketball team earn its first Massachusetts State Conference regular season championship in 21 years as the team compiled 18 victories, second best in the program's history. He was also named to the MSCAC All-Conference Team.

"It was tough going to three different schools in three years," Jurkowski said. "All the changes and with meeting new people, I just wanted to get established and stay somewhere. I consider Westfield my home; it just took a long time to get there.

"I really believe I did the right thing," the senior forward added of settling on WSC. "I wish I went to Westfield right away, and that is no disrespect to Springfield or Holyoke. You know, coming out of high school you sometimes make irrational decisions and that is what I did. I'm happy where I am right now, and that is all that matters now."

Jurkowski is a criminal justice major and graduates this spring with a 3.4 GPA. He was named co-captain of the team this past season and averaged 13.9 points and 6.7 rebounds per game while shooting 51 percent from the floor.

Jurkowski is a good player. But he is also modest as he deflects all credit to his family, friends, and head coach Rich Sutter. Sutter knew for sure he wanted Jurkowski to come and play for Westfield State during his team's scrimmage in 2004 with HCC.

"We did a pretty good job against them that day," Jurkowski recalled. "After that

game, they (coaches at WSC) made sure I was coming. I didn't think I was going to start, but I knew it was going to be a real possibility."

As a junior, Jurkowski eventually did start and averaged 10.4 points and 6.7 rebounds per game. The team made the postseason but lost in the semifinals. At the conclusion of the season, Sutter asked Jurkowski to be one of the captains for the 2006 season.

"For the first couple of months here I was shy, but when I was named captain I had to represent Westfield with all my heart," Jurkowski said. "I feel I did that this year. They welcomed me. Once you are at Westfield State, you are welcome."

The Owls had a fantastic 2005/06 season but came up just short of reaching the championship game. The week of its Friday night semifinal game against Worcester State College, Jurkowski rolled his ankle. Since the finals were held the following day, Sutter decided to rest his prized player for the championship.

Only, the Owls never reached that game. The Owls fell behind early and had their worst shooting night of the year. Jurkowski came off the bench to try and help, but the team eventually lost, 70-53.

It turned out to be the last game of his college career.

"I went in and things weren't clicking, and it was just their day," Jurkowski said. "We accomplished a lot. I'm happy with what we did, but we came up short. But I'm used to injuries. I've had some bad luck in the past."

Jurkowski grew up loving the game of soccer. His uncle, Tom Jurkowski, the former head coach at Belchertown High, allowed the eager eight-year-old to hang around and hand out water to the players. Soon after, Mike became passionate about the sport.

"He is pretty much the one I credit for me falling for the sport of basketball," Jurkowski admitted of his uncle.

Jurkowski received some starts as a

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Photo courtesy of Westfield State College

Belchertown native Mike Jurkowski led the Owls in scoring and rebounding this past winter season.

Record from Page 22

freshman guard, but his first season ended due to an illness. After a terrific sophomore and junior year, Jurkowski saw a growth spurt and developed into a solid player. He could pass and score and tried to emulate NBA player Penny Hardaway.

Nearly 100 points shy of reaching 1,000 career points, Jurkowski injured his ankle and it looked like he was done for the season. But with extensive rehabilitation and determination, he worked his way back onto the hardwood.

Meanwhile, during the season, his cousin Dan, a junior point guard on the Orioles, broke a school record by scoring 46 points in a game. The two close friends and relatives had always been competitive and Dan jokingly teased Mike about the feat.

"I remember he just caught fire and he had 10 three-pointers that game," Jurkowski recalled. "We have always had a competition so he was just bragging, just joking

around. We still talk about it. I told him I was going to beat it by the end of the year."

Jurkowski was healthy and had already reached 1,000 career points during the 2001/2002 season. He became the first male to reach the milestone since 1994. But on senior night and during the last regular season game ever played at the old high school, Jurkowski held true to his word.

Mike put down 52 points versus Dean Technical High School.

The school record still stands.

"He was happy for me," Jurkowski said of his cousin's reaction. "That is kind of a cool story."

Unfortunately, Belchertown was plagued by other injuries and the team, which started 10-1, failed to reach the Curry Hicks Cage.

"It's going to haunt me the rest of my life because I have a love for Belchertown," Jurkowski said of never reaching the Cage in his four-year high school career.

But life moves on and the blue-eyed

adult is looking forward to a bright future.

For now, he continues to cherish his experiences at Westfield State College, including an internship last summer in Washington DC that ended with a sweet connection to the Cinderella story of George Mason University.

Jurkowski took some classes at GMU. When he arrived back in Westfield in the fall to prepare for his final season, Sutter presented the senior with a George Mason basketball jersey. Chris Caputo, an assistant coach at George Mason, graduated from Westfield State in 2002.

"I've been wearing that everywhere now," Jurkowski said.

Jurkowski is proud of his soon to be alma mater. He also is a kid that likes to give back. He leads campus tours for prospective students and has worked as a referee for intramural sports. He lives with six other friends in a big old house in Westfield; a place where the guys hang out, a place he calls home.

Each Sunday, Mike drives to Chicopee to take his grandmother on a date of sorts. His grandfather is limited to a wheelchair so their proud grandson helps out with chores. In return, he receives love and a home-cooked meal.

"Family is really important to me," Jurkowski said. "They have always been there for me, so I want to be there for them."

His sister Michelle also attends Westfield State, but is not involved with sports. Mike hopes to be a state cop one day and could see himself coaching high school basketball. He plans to help Sutter out next year. From day one, Sutter uttered words that have stuck with Mike.

"What I learned from him is whatever you do you have to go all out with a lot of passion," Jurkowski said. "He is a great coach and a great motivator. He said no matter what you do, even outside of basketball that you have to put your heart and soul."

WSC posts victory in 10th inning

WESTFIELD — Freshman relief pitcher Steve Sullivan (Quincy) rapped a run-scoring single in the 10th inning to lift Westfield State to an 11-10 victory over Western Connecticut State University on Monday.

The victory improved Westfield's record to 11-10. Western Connecticut is 5-16.

The three hour-plus game featured a total of 30 hits, including four home runs, nine pitchers, and five lead changes.

Westfield held a 6-2 lead through six innings but Western Connecticut tied the score with a four-run seventh. The big blow was a two-run homer by sophomore catcher Matt Gardiner (Terryville, CT), which made it 6-6. Gardiner also had a solo homer in the fourth.

Westfield scored a run in the bottom of the seventh on an RBI groundout by Pat Jaehnig. Western Connecticut had an excellent opportunity to turn a double play on the Jaehnig grounder, but the relay throw to first base sailed wide left. It would have been the fifth double play of the game for the Colonials.

Western Connecticut took a 9-7 lead in the eighth when sophomore first baseman Matt Perper (New City, NY) smashed a two-out, three-run homer deep over the left field fence.

But the Owls regained the lead with three runs in the home half of the eighth. Freshman P.J. Hoynoski (Westfield) ripped an RBI double down the left field line, and Justin Parr pounded an RBI triple to right-centerfield. Parr scored on sacrifice fly by Steve Burndrett.

Sullivan, who has four pitching saves this season, entered the game for the Owls in the ninth but was unable to hold the

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WSC

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lead. James Furino drew a walk to lead off the inning and scored on a triple by Ryan Gorra (Waterford, CT). However, Gorra was stranded at third on two infield groundouts and a popup to the shortstop.

After Westfield stranded runners at first and third in the ninth, Sullivan threw a scoreless 10th inning then picked up the pitching victory with his game-winning hit.

Ryan Shimmer (Great Barrington) drew a one-out walk and advanced to

second on a groundout by Burndrett. Jaehnig was intentionally walked, then Sullivan lined a first-pitch single down the rightfield line to easily plate Shimmer.

Shimmer was 3 for 5 with two RBI and two runs scored. Parr was 2 for 4 with three runs scored and his RBI triple. Freshman designated hitter/catcher Scott Schuster (Westfield) was 2 for 4 with a two-run homer in the Owls' four-run first inning.

PEABODY WEEKLY NEWS

**PEABODY, MA
WEEKLY**

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***Grifoni Named
WSC Volleyball
Captain***

Krista Grifoni, a 2004 graduate of Peabody High, was elected captain of the Westfield State College women's volleyball team for the 2006 fall season.

Grifoni, a sophomore, was elected MASCAC Rookie of the Year and selected to the All-Conference second team her during her freshman season.

Westfield State sweeps season finale

WESTFIELD — Sophomore designated hitter Mary Cunningham and junior first baseman Rosemary Dowling both had four RBI to lead Westfield State to a doubleheader softball sweep of Salem State, 6-1 and 11-2, on Saturday.

It was the regular season finale for Westfield, which placed second in the Mass. State Conference with an 11-3 record. The Owls, 14-22 overall, will host a conference postseason tournament first round game on Thursday, May 4. The remaining

games of the double elimination tournament are May 6-7 at No. 1 seed Bridgewater State.

In the opener, Westfield allowed an unearned run on three errors in Salem's first at bat, then the Owls had a five-run uprising in the home half of the first.

Dowling tied the score with an RBI single and Cunningham clubbed an RBI double. Junior catcher Liz Patricelli then stroked a single up the middle that drove in two runs. Patricelli scored on a wild pitch.

The Owls outhit the Vikings, 11-6. Cunningham was 2 for 3 with two doubles and two RBI and Dowling was 2 for 2 with two runs scored, a double and a sacrifice hit. Patricelli and freshman Jackie Mason both rapped two singles.

Winning pitcher Katie Kissel allowed one walk and struck out four.

In the second game, Salem took an early 2-0 lead, but Westfield erupted for eight runs in the third frame. The key hits in the inning were a pair of

two-run singles by Cunningham and sophomore Adrienne Walker.

Dowling put a quick end to the game in the bottom of the fifth via the eight-run mercy rule when she pounded a three-run double to the base of the centerfield fence.

Westfield collected 13 hits. Walker and Cunningham were both 2 for 3 with two RBI and a run scored. Freshman Lindsay Jardin was 3 for 4 with two runs scored and an RBI. Mason also was 2 for 4 in the second game.

Freshman Casey Riddell was the winning pitcher. She gave up four hits and one walk and struck out two

BASEBALL

Salem State 11, Westfield State 1;
Salem State 3, Westfield State 1

WESTFIELD — Salem State swept a doubleheader from Westfield State in the regular season finale Saturday to clinch a share of the Massachusetts State College

See WSC, Page 1

WESTFIELD EVENING NEWS

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MONDAY 5,900
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Westfield State sweeps Worcester State

WESTFIELD — The Westfield State softball team remained unbeaten in the Mass. State Conference with impressive victories over Worcester State, 10-2 and 11-3, on Saturday.

The Owls improved to 6-0 in the conference (9-17 overall) heading into Monday's key games at Bridgewater State. Worcester State dropped to 2-4 and 6-14.

Westfield ripped 28 hits in the doubleheader and ended both games in the bottom of the fifth inning because of the eight-run mercy rule.

In the opener, Worcester State took a 2-1 third-inning lead when senior Jessica Lisi (Southbridge) lined a two-run homer over the leftfield fence. The Owls tied the score in the home half of the fifth and erupted for three runs in the fourth and five in the fifth.

Westfield sophomore Mary Cunningham (North Grafton) - who collected three hits and five RBI in the two games - laced a two-run double in the fifth. Freshman Lindsey Jardin (Assonet) ended the game with an RBI single.

Jardin totaled six hits in the twin-bill, including a 4-for-4 effort in the opener. She also scored three runs.

In the opener, sophomore Jen Raymond (Sutton) was 2 for 2 with

two runs scored, two RBI and a double.

Junior Katie Kissel (Monson) picked up the pitching victory. She gave up four hits and no walks and struck out five in the five-inning stint.

In the second game, the Owls jumped out to a 6-0 first-inning lead. After three consecutive bunts, including two sacrifice hits, Cunningham delivered the big blow when she drove in three runs with a triple to centerfield.

Westfield rapped 15 hits in the second game. Leadoff batter Jackie Mason (Florida, Mass./Drury High School) was 4 for 4 with three runs scored, an RBI, and a triple.

Junior Rosemary Dowling (North Andover) was 2 for 3 with a two-run single in the third inning. Senior Kayla Banaszek (Swansea) was 2 for 3 with two RBI and a double. Sophomore Adrienne Walker (Springfield) was 2 for 3 with a double and an RBI.

Freshman Casey Riddell (Orange/Mahar Regional) picked up the pitching victory. She allowed two earned runs, no walks and five hits and struck out two.

COLLEGE BASEBALL Game One - WSC 3, Worcester

State 2; Game Two - Worcester State 6, WSC 4

WESTFIELD - Worcester State rallied for four runs in the last inning of the second game to post a 6-4 victory and earn a doubleheader split with Westfield State in key conference baseball action on Saturday.

In the opener, the Owls scored three runs in the second inning and received a solid pitching performance from freshman Bob Sinopoli (Wilmington) to edge the Lancers, 3-2.

In the nightcap, the Owls carried a 4-2 lead into the seventh and final inning with standout freshman closer Steve Sullivan (Quincy) entering the game. Sullivan had earned his sixth save of the season in the first game, but he was unable to close out the second game.

With Worcester runners on first and second base and two outs, Jeff LaHair knotted the score at 4-all with a two-run double to left-centerfield. Matt DiTullio then drove in the game-winning run with a single to left field. The Lancers added an insurance run on an RBI single up the middle by Pat Moran.

Westfield had runners at first and second with one out in its final at bat, but Pat Jaehnig hit into a game-ending double play.

Bergeron unleashes javelin throw of 202-11

NORTH DARTMOUTH - the school record of 203-2 that was set in 1987.

Freshman Brandon Palmer also continued to excel as he won long (22-11 3/4) and triple jumps (42-11 3/4) and finished second in the 110 high hurdles.

Other first places were recorded by Eric Kelly (400 hurdles), John Messer (5000), Dave Richardson (high jump), Jovaney Toledo (shot put), and the 4 x 100 and 4 x 400 relays.

The Westfield State College men's and women's track and field team placed first in the UMass Dartmouth Invitational.

The Owls scored 303 points to easily outdistance UMass Dartmouth (138) in the nine-team meet.

Dave Bergeron continued to shine for the Owls in the javelin. He uncorked a personal-best throw of 202-11, just three inches shy of



Westfield State freshman Lindsay Jardin was named softball co-player of the week in the Mass. State Conference. Jardin totaled 9 hits in 21 at bats with 5 runs scored. She was 6 for 8 with 3 runs scored in a big doubleheader sweep of Worcester State. Photo By Mickey Curtis

4/15/06

April 2006

Hoop tourney benefits scholarship

By Katie Effler
Athletics Dept. Student Intern
Westfield State students died tragically last October as a result of a blow to the head while attempting to break up a fight.

"What a great experience the students in the sport promotions class had planning, organizing, implementing and evaluating the tournament," said Fitts. "The students were able to apply their classroom knowledge in a real live event that not only benefited them, but the family and friends of John O'Connell. The memory of John O'Connell will stay alive in the scholarship that has been set up in his name and by the funds raised by the tournament."

The 3-on-3 tournament was split into two sections - the elite



Students register to play in the Spalding Hoot Hoot Hoop It Up Tournament. Photo By Katie Effler

group and the recreational group. Andrew Smith - a student supervisor in the Westfield State intramurals department - organized the tournament, developing the brackets and team placement.

The sports promotion class received additional assistance to run the event. Members of the lacrosse club and movement science majors volunteered their time for the worthy cause.

Mickey Curtis of the athletics department helped with publicity and Craig Phelon from the college's public relations department sent out news releases. SGA adviser Barbara Hand assisted with payments, and Arnie Grimaldi from the copy center also was very helpful.

"It was a college-wide effort with help from all parts of campus," said Fitts.

Basketball games weren't the only events going on that day. There were a silent auction, hot shot contest, and a performance by the popular Westfield State Step Team.

The winners of the basketball tournament were the Ballaholics (elite group) and Warfare (recreational group).

Track, field teams defend conference crowns



The Westfield State men's track and field team poses for an informal photo after winning their 23rd Mass. State Conference championship in the past 24 years. The team also won its ninth straight New England Alliance title.

Women win ninth straight

MAY 2006

NORTH DARTMOUTH - The Westfield State women's track and field team put together another impressive performance in capturing its ninth straight Mass. State Conference championship on Saturday, April 29, at U-Mass Dartmouth.

The Owls scored 269 points to easily outdistance second place Bridgewater State (111 points). In addition, Westfield placed a strong second in the New England Alliance championships, which were held in conjunction with the MASCAC meet.

Southern Maine won the 10-team New England Alliance crown with 180 points. Westfield scored 138 points followed by Keene State with 129.

"I was very pleased with how well we did in the Alliance meet," said veteran coach Sean O'Brien. "Overall, it was an excellent day for us. The team performed well." Westfield received some big performances in the middle and long distance events. Setting new Alliance and MASCAC records were senior Heather Wenninger (Chicopee) in the 10,000 meter run and freshman Marianne Mealey (Fosboro) in the 5,000 meter run.

Wenninger ran the 10,000 in 38:29.03 to shatter the Alliance record by 31 seconds and the MASCAC record by nearly a minute and a half. Wenninger also set a new school record in the 40-

lap race.

Mealey won the 5,000 in 18:30.05, surpassing the previous record of 18:52.85 set by Wenninger in 2004.

"Heather and Marianne ran really well," said O'Brien, who noted that it was the first time this season Wenninger ran the 10,000. "It was a nice day to run with just a little wind."

Junior Alison Wesoloski (South Hadley) broke her own MASCAC and school records by winning both the Alliance and MASCAC titles in the 3,000 meter steeplechase (12:31.58). And in the MASCAC meet, senior Marissa Blume (Westwood) took first place in both the 800 and 1500 meter runs.

Also placing first for Westfield in both championships was the 4 x 100 relay team of Heather Beninati (Reading), Erin Kerr (Hampden), Claire Glabach (Leyden) and Danyelle Dillard (Winthrop) with a 52.50 clocking.

Winning MASCAC titles were senior Danyelle Dillard (100), freshman Erin Kerr (200), junior Jessica MacMonegle-Ekness (400 hurdles), Marlee Berg (long jump), and the 4 x 400 relay of Lindsey Nowlan, Berg, Kerr, and MacMonegle-Ekness.

Finishing second were Beninati (100), Kerr (400), Wenninger (800), Keri Lacasse (400 hurdles), Kristy Hassig (steeplechase), Berg (high jump), and CC Costello (javelin).



Westfield State women's track and field seniors, left to right: Heather Wenninger, Danyelle Dillard, CC Costello, Marissa Blume, Bessie Joyce-Grikis, Lindsey Nowlan.

Men also claim Alliance track title

MAY 2006

NORTHDARTMOUTH - The Westfield State men's track and field team defended its Mass. State Conference and New England Alliance Conference championships in spectacular fashion on Saturday, April 29.

The Owls won their ninth straight New England Alliance outdoor crown by scoring 193 points; second place Eastern Connecticut had 155.5 points.

Westfield won the MASCAC title for the 10th consecutive year and for the 23rd time in the past 24 years. The Owls set a school record by racking up 313.5 points.

"We had some really outstanding performances," said veteran coach Sean O'Brien. "We dominated the field events and had some good efforts on the track."

The Owls only had two Alliance champions but both set meet records. Senior Dave Bergeron (Northbridge) won the javelin (197-6) and senior David Richardson (Beverly) won the high jump (6-6).

Bergeron was closely followed in the javelin by senior Shawn McCorquodale (Athol), who placed

second with a personal best of 188-0, and junior Drew Soltysiak (Westfield), who finished third (187-2).

"Our three javelin throwers right now are ranked in the top 18 in the country," said O'Brien.

In the MASCAC meet, the Owls also took the top three places in the discus throw. Freshman Jovaney Toledo (Wibraham) won the discus (128-4) followed by senior Stan Pa'u (Ayer) and Matt Dissell (Falmouth, ME). In the shot put, Dissell took first and Toledo was third.

In the highly competitive long and triple jumps, freshman standout Brandon Palmer (Mohawk Trail Regional) finished a close second to Worcester State star freshman Matt Leeds, who won with jumps of 23-2 and 44-5, respectively.

Palmer long jumped 22-9 and tripled jumped 44-2 3/4. McCorquodale - who just began throwing the javelin last year - placed third in the long jump (21-10 1/4) and fourth in the triple jump (43-7 3/4). Chris Flynn (Shrewsbury) was third in the triple

jump (44-1 1/4).

And in the MASCAC high jump, Westfield took the top four places as Richardson was followed by sophomore Matt Shannon (Wilbraham), freshman Jared Esposito (Salisbury), and freshman Darren Ransom (West Hartland, CT).

Placing first on the track were: junior Ben Butterfield (Natick) in the 400, sophomore John Messer (Westfield) in the 800, Esposito in the 100 hurdles, and senior Eric Kelly (Reading) in the 400 hurdles.

Finishing second were sophomore John Muse (Chelmsford) in both the 100 and 200 meter dashes, John Messer in the 1500, sophomore Andy Messer (Westfield) in the 5,000, sophomore David Estabrook (Springfield) in the 10,000, Palmer in the 110 hurdles, and sophomore Sean Kavanagh (Springfield) in the 400 hurdles.

The Owls also won MASCAC crowns in the 4 x 100 (Craig Skribiski, Kelly, Shannon, Muse) and 4 x 400 (Kelly, Kavanagh, Brian Frodema, Butterfield) relays

Jenn Davis to attend leadership conference

By Katie Effler

MAY 2006

Student-athlete Jenn Davis will represent Westfield State College at the 2006 NCAA Leadership Conference on May 28 at Disney's Yacht Club Resort in Lake Buena Vista, Florida.

Davis, a sophomore, is a member of the Westfield State volleyball and women's track and field teams.

"I'm really excited to go," said Davis. "I've heard it's a lot of fun and such a great experience."

The five-day conference is held annually at Lake Buena Vista and is designed to provide student-athletes with a forum to openly discuss the issues they may face on

their campus and in their communities, as well as provide them with the opportunity to improve their leadership, communication, decision-making, and problem-solving skills.

Better communication among student-athletes, coaches, administrators, faculty, and communities is also promoted at the conference.

Student-athletes will participate in daily exercises and activities to help them develop as individuals and team members.

"I'm going with an open mind and I expect to receive help with my leadership skills," said Davis.

Four Westfield State College student-athletes were nominated by

Westfield State's athletics department to attend the Leadership Conference: Davis, Tony Collier (basketball), Nate Cristofori (cross country/track and field), and Rose Dowling (softball).

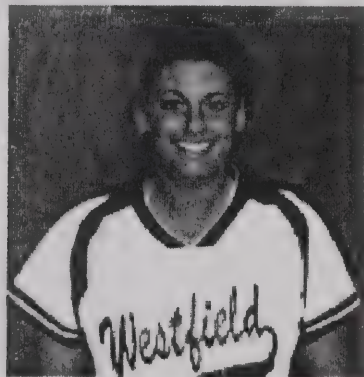
The Divisions I, II, and III national Student-Athlete Advisory Committees choose one nominee to represent each college, along with an alternate. This year the committee received 1,319 nominations from 333 schools. A total of 352 student-athletes have been selected to attend the conference.

**www.westfield
stateowls.com**



Jenn Davis

5/9/06



Junior catcher Liz Patricelli was named softball co-Player of the Week in the Mass. State Conference. In four games last week, Patricelli collected 6 hits in 9 at bats, with 5 runs scored, 5 RBI, 4 walks, 3 stolen bases, and a triple. The Westfield State softball team placed second in the Mass. State conference and hosted a first round tournament game last Thursday.

03
The Republican, Wednesday, May 3, 2006

Owls fly right on track

By DICK BAKER

rbaker@repub.com

It was another year of success for the Westfield State men's and women's track teams at the annual Massachusetts State College and New England Alliance Conference championships.

The Westfield men won their ninth straight New England Alliance crown and 10th consecutive MASCAC title last weekend at UMass-Dartmouth.

Meanwhile, the Westfield women took their ninth straight MASCAC championship and were second to Southern Maine in the New Alliance competition (held in conjunction with the MASCAC).

Westfield State senior Heather Wenninger of Chicopee set a New Alliance record by 31 seconds in the 10,000-meter run, finishing in a time of 38 minutes, 29.03 seconds. Owls junior Alison Wesoloski of South Hadley captured the 3,000-meter steeplechase, breaking her own MASCAC record in 12:31.58.

For the men, freshman Jovane Toledo of Wilbraham won the discus throw, and Drew Soltysiak of Westfield was third in the javelin. Westfield native John Messer won the 800-meter run, and Matt Shannon of Wilbraham was second in the high jump.

1 of 2

The Republican, Monday, April 24, 2006

Owls upgrade facilities

Westfield State College's \$2.4 million project should once again make Alumni Field a premier site for college and other area events.

By JEFF THOMAS
jthomas@repub.com

WESTFIELD – That Astroturf at Westfield State College's Alumni Field that was so useful – but so despised – is a thing of the past.

By mid-July, Alumni Field's facelift should be complete, with a new state-of-the-art track surrounding a lush, level Field Turf surface.

The \$2.4 million project is the second serious upgrade by Westfield State's athletic department, following the opening of the Woodward Center located in front of Alumni Field.

When all is said and done, Westfield State athletic director Richard Lenfest said the other fields – like baseball and softball diamonds – surrounding Alumni Field will see improvements and maybe another multi-purpose field will be added.

"You're going to have all the facilities of a private school at a state school price," Lenfest said. "We're definitely moving in the right direction."

The new field will accommodate football, soccer, field hockey and women's lacrosse, with different colored markings sewn into the field for each sport.

The 2,400 students who partake in intramural sports will also benefit from the new facility, which includes improved shot put, pole vault, steeplechase and

throwing areas.

"For a small school with limited budgets, it's the most economical way to go because you can play up to four sports on the field, you can use it for intramurals and you have very little damage or maintenance to it," said Curt Robie, assistant vice president of administration in charge of facilities. "I think teams still prefer playing on grass but the synthetic field have gotten to a grade where they compare to grass in terms of compaction, the feel and certainly the give for runners."

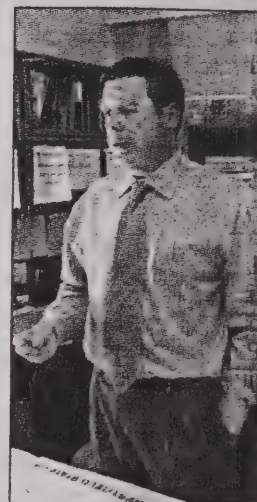
There was very little give on the Astroturf, a system of a thin indoor carpet-like surface over a sparse rubber matting on top of asphalt or concrete. The only give was the breakdown of the human body.

The use of Alumni Field has spanned well beyond the campus of Westfield State. The Astroturf field was the scene for many Western Massachusetts championships in high school soccer in the 1970s and early '80s, and has since been used by teams of all levels for practice.

The site was a popular one because of the lights that enabled night games, and the surface which could be played on in virtually all weather conditions.

Of course, the players weren't always thrilled with the hard surface and the prominent crown needed for drainage.

Please see Westfield, Page C3



Staff photo by
DAVE ROBACK

**“You’re going
to have all the
facilities of a
private school
at a state school
price.”**

**Richard Lenfest,
Owls athletic
director (above)**

Westfield: College upgrades lacunues

Continued from Page C1

"I used to remember those steel grids along the sidelines and if the turf was slippery on any given night you're rolling right into them, never mind the ball was constantly doing the same," said Minnechaug Regional boys soccer coach John Ingalls, a 1982 graduate of Cathedral High School. "We played numerous Western Mass. semis and finals. It was a nightmare."

But a necessary nightmare for Westfield State and the outside community that used the all-weather surface.

When the field fell into disrepair in the early 1990s and the state refused to allocate funding

to Westfield State to fix it, the field was condemned and lost to everyone.

Westfield State, like many state colleges at the time, was feeling the financial crunch, and turned to the students for help.

"What we did to get a handle on it in '92 when the field was condemned for two or three years because the state chose not to give the college the money at that point and the college did not have the trust fund or the reserves to pay for it, we went to the students and asked the students at that time if they would be willing to absorb a \$100 fee," said Robie, who has been at Westfield State for 25 years.

"That money would be used as an athletic fee in order to take care of the cost of doing the

field, and the students voted yes."

The field was recovered for the third and final time, giving the college and community another 15 years or so of use.

That \$100 athletic fee has been a part of the students' fees since then, and is largely the reason why Westfield State is able to replace the AstroTurf for good.

"There is absolutely no state money involved in this. The Commonwealth, we were told, would not fund the cost of the field," Robie said. "We're using a little bit of gift money from our capital campaign and we're also using trust fund money."

Robie and Lenfest traveled to schools like UMass-Lowell and Bentley which had similar facili-

ties, as well as Springfield College, which put in two Field Turf fields last summer.

ProGrass of Pittsburgh will put in the Field Turf, the track will be done by Copeland of New York, while Geller Sport, Inc., was the architect for the project. Fontaine Brothers of Springfield are the general contractors.

With the college's name along the sidelines and the athletic emblem in the center for the field for the first time, Alumni Field will have a whole new look.

"This facility is really going to be a feather in the cap," Lenfest said. "Our goal is to really get out in the community and get groups over here to see what we have."



Staff photo by DAVE ROBAC

Antonio Ferreira of Tand M Equipment of Springfield works on the edge of the track and football surface at Westfield State College last week.

2005-2006

BY THOMAS MATTSON
TRIBUNE STAFF WRITER

NORTHBRIDGE — If you are an elk and you have run 60 yards away from Dave Bergeron, you may think you are safe.

If so, you would be incorrect.

Not that Bergeron wishes ill to any of the deer family. It is just that he can throw a javelin 208 feet. That translates to 69 yards, quite a bit out of the range of a pro field goal kicker.

The comparison is not so far-fetched, because Bergeron was one of the great linebackers for the Northbridge Rams from 1999 through 2001.

At 5-6, 175, he is a bit more muscular than in high school, and the Westfield State College athlete has made terrific use of his increased bulk and strength.

Bergeron has brought honor to Westfield State, to Linwood, his home village, and to the town of Northbridge and Northbridge High, by winning All America honors two years in a row as a javelin thrower.

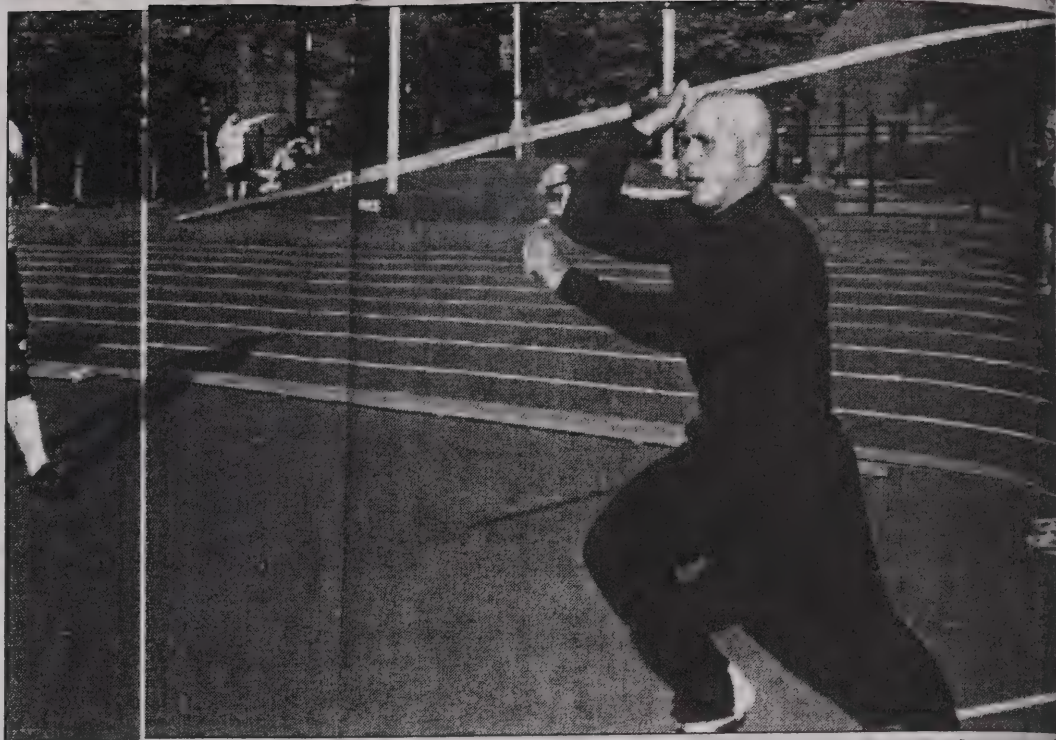
A quiet, pleasant sort of person, Bergeron nevertheless has the fire in the belly.

It is what catapulted him to a place on the podium after the National Collegiate Athletic Association Division III Track and Field Championships concluded May 27 at Benedictine College in Lisle, Ill. Bergeron finished second in the nation there, an improvement on his sixth-place finish a year ago in Iowa. The guy who beat him, Corey White, of California, is 6-3 and weighs 225 pounds.

"He's a really nice person," said Bergeron.

The two stood with four other top finishers on an Olympic-like platform as everyone took snapshots out in Illinois. The kid who finished third was at least 6-6.

Some people might think Bergeron got the idea of becoming a javelin thrower from watching Ken LaChapelle's football offense during the Jeff Altieri (1996-1998) and Danny Brown (2000-2002) eras, when they hurled the pigskin a country mile.



Courtesy photo

Northbridge's Dave Bergeron has earned All America honors two consecutive years as a javelin thrower.

BLACKSTONE VALLEY TRIBUNE

WHITINSVILLE, MA
WEEKLY 5,000
JUL 5 2006

Certainly he had the great motivation of providing a virtual success for his younger brother, Joe, who all of his brief life had suffered what turned out to be a fatal illness. (He died at 19). Bergeron wanted to gain honors in Iowa especially for Joe, who always encouraged him.

As an athlete, Bergeron emerged on the local scene when, as a sophomore, he repeatedly stopped every running back Uxbridge threw his way in a season-saving, 7-0 win on the road in 1999. Then he kept up his team-uplifting heroics right on through the 11-1, 2001 Super Bowl year.

To finish second in a national event and get All America honors again with quite a bit of yardage to spare, Bergeron threw the javelin 208 feet in Illinois. In all, he said, there

1 of 2

must have been about 1,000 Division III college athletes at the May 24-25 competition.

Now 23, Bergeron is interested in teaching physical education and coaching. He majored in movement science at Westfield State College. And that would seem appropriate, given his devotion to the javelin throw both in hours of practice and in numerous competitions.

Earlier, on May 13 at M.I.T. in Cambridge, Bergeron won the All New England Javelin Championships. He did that competing against athletes from New England Division I, II, and III colleges. Bergeron's winning toss was 196-4. A Boston University competitor was second with a throw of 195-3, a URI athlete finished third at 191-3, and a javelin thrower from the University of Vermont was fourth with 188-4.

At the end of this track season, Bergeron was named Westfield State College's "Most Valuable Field Performer."

Bergeron also won the New England Division III javelin title with a school record throw of 206-1. He set the mark on his second of six throws.

According to the sports information office at Westfield State, Bergeron has lofted the javelin into the 215/220-foot range during practice. The Westfield State College record Bergeron broke had stood since 1987.

When he won the Eastern Collegiate Athletic Conference (ECAC) Division III javelin championship, his 202-11 mark was also an ECAC Division III record.

It was as a seventh-grader that Bergeron paused from pursuing his sprinting and long jumping long enough to admire the flight of the javelin.

"It looked like a fun activity," he said, "so I picked it up. I fell in love with the fact that

something could travel that distance. It's not the size that matters. It's your speed, power, explosiveness. It's learning how to control your body..."

"What I tell pupils (Bergeron is already into teaching kids) is to control the javelin and don't let the javelin control you."

Asked whether he feels anything distinctive in a good throw, Bergeron was analytical.

"I have to hit a couple of positions in the throwing technique," he explained. "It has to do with muscle memory. Every motion you do you create a trace in your memory. [The javelin is] not like throwing any other object."

Explaining his setup and approach to a throw, Bergeron said he walks the first 15 feet to relax and get a sense of what kind of motions he has to make. Then he picks up speed with 20 feet to go and does crossovers, essentially running sideways.

"You want the feet out in front of you," he said. "The penultimate position is very much like swinging a bat. You have your lead leg out and pivot on your back foot. You block with your left leg and pivot with your right to bring the hips through."

"You know when you've thrown a good one," he said. "You get to watch the release. I can feel the power. You feel strong at the beginning of the day."

When he lets the javelin go, he said, he feels a jolt that goes through his whole body.

To stay in shape, he works on his large back muscles, his triceps and his deltoids (shoulder muscles).

As for the particular feeling of a successful throw, he said, "you know when you hit an explosion and hear the crowd."

Discipline and self-control are key to success with the

javelin, he explained.

"Northbridge football showed me the discipline in life," he said, "and helped me out pretty much my whole life."

According to a report published by the Westfield State Sports Information Department, Bergeron saved his best for last as he placed second with a school record javelin throw of 208 feet even at the NCAA Division III national outdoor track and field championships on Saturday, May 27, at Benedictine University.

"It was unbelievable," said Westfield State head coach Sean O'Brien. "He just exploded on the last throw of his collegiate career to get second place."

It was the second All America honor for Bergeron, who placed sixth in last year's national finals with a throw of 195-9. Bergeron becomes the fifth male from Westfield State to place second in the NCAA championships.

Bergeron was consistent throughout the javelin competition. Four of his six throws were over 200 feet and another throw measured 199 feet.

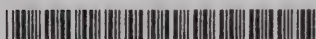
Bergeron threw 205 on his second throw, but sophomore Joel Krebs of George Fox University in Oregon moved into the No. 2 spot a heave of 207-6 on his second throw; it was Krebs' personal best by nearly 18 feet.

Backed by a boisterous crowd, Bergeron uncorked the school record toss on his final throw.

"The whole atmosphere was unbelievable, the way all of the guys were throwing," said O'Brien. "On Dave's final throw, all of the javelin throwers began yelling and clapping for him. And there were a lot of people watching the javelin throw who were cheering him on."

FOXBORO REPORTER

FOXBORO, MA
WEEKLY 5,000
JUL 6 2006



New England Newsclip
AGENCY, INC.

Mealey helps Owls to crown

Westfield State College record time of 18:30.05.
freshman Marianne Mealey of
Foxboro helped the Owls win
their ninth straight Mass. State
Conference track and field
championship by winning the
5,000 meter run in a meet

Mealey also was a member
of the cross country team at
Westfield State and the Owls
also won the conference cross
country crown as Mealey
claimed the individual title.

ATHOL DAILY NEWS

ATHOL, MA
FRIDAY 5,400
JUL 7 2006



New England Newsclip
AGENCY, INC.



THROWING SMOKE — Freshman pitcher Casey Riddell of Orange was a key member of the Westfield State College softball team that placed second during the Massachusetts State Conference regular season with an 11-3 conference record. Riddell posted a 7-10 pitching record with 34 strike outs.



Photo courtesy of WESTFIELD STATE COLLEGE

Westfield State College senior Heather Wenninger of Chicopee capped an outstanding collegiate cross-country and track and field career by winning the ECAC Division III championship in the 10,000-meter run held at Springfield College. Wenninger won with a school-record time of 38:02.52. Wenninger also earned All-New England honors by placing sixth in the 10,000-meter New England championship race against Division I, II, and III competition. She also shattered the New England Alliance meet record by nearly 31 seconds, winning the 10,000-meter run in 38:29.03. Wenninger helped WSC to its ninth straight Mass State Conference championship.

TOWN CRIER (WILMINGTON
EDITION)

WILMINGTON, MA
WEEKLY 7,000
JUL 12 2006



New England Newsclip
AGENCY INC



Freshman pitcher Bob Sinopoli of Wilmington was a key member of the 2006 Westfield State College baseball team that posted a 16-20 record. Sinopoli ranked second on the team with a 3-3 record and 4.54 ERA and he led the Owls with 37 strikeouts.

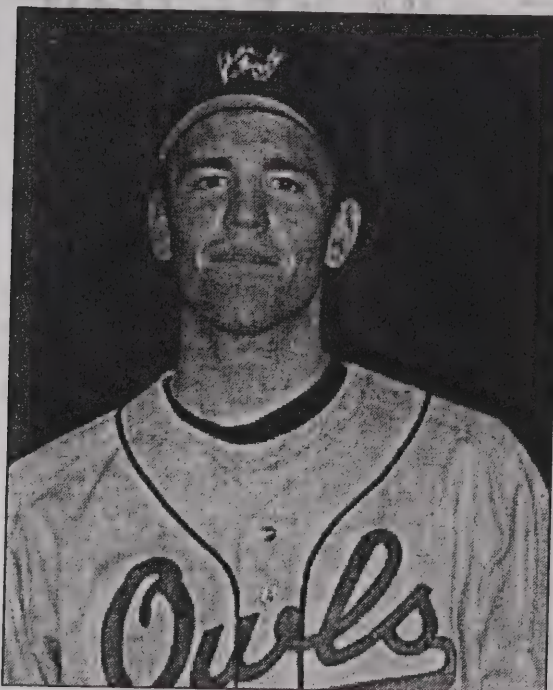
AGAWAM ADVERTISER NEWS

FEEDING HILLS, MA
WEEKLY 9,000
JUL 13 2006



New England Newsclip
AGENCY INC

*Aaorn D'Amario –
Most Improved Player*



Submitted photo

Sophomore catcher Aaron D'Amario of Feeding Hills (Agawam High School) received the 2006 Westfield State College baseball team's Most Improved Player Award. D'Amario played in 28 of the team's 36 games and batted .254. He led the team in fielding with no errors in 120 total chances.

MILLBURY-SUTTON CHRONICLE

MILLBURY, MA
WEEKLY 2,000
JUL 13 2006



New England Newsclip
AGENCY INC

A Key Member

WESTFIELD, MA

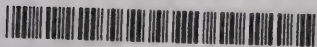
- Sophomore second baseman Jen Raymond of Sutton was a key member of the Westfield State College softball team that placed second during the Mass. State Conference regular season with an 11-3 conference record.



Raymond started 36 of the team's 38 games and batted .218 with 16 runs scored, three doubles and 11 RBI. She also drew a team high 16 walks for a .346 on base percentage.

NORTH ANDOVER CITIZEN

NORTH ANDOVER, MA
WEEKLY 4,000
JUL 14 2006



New England Newsclip
AGENCY INC.

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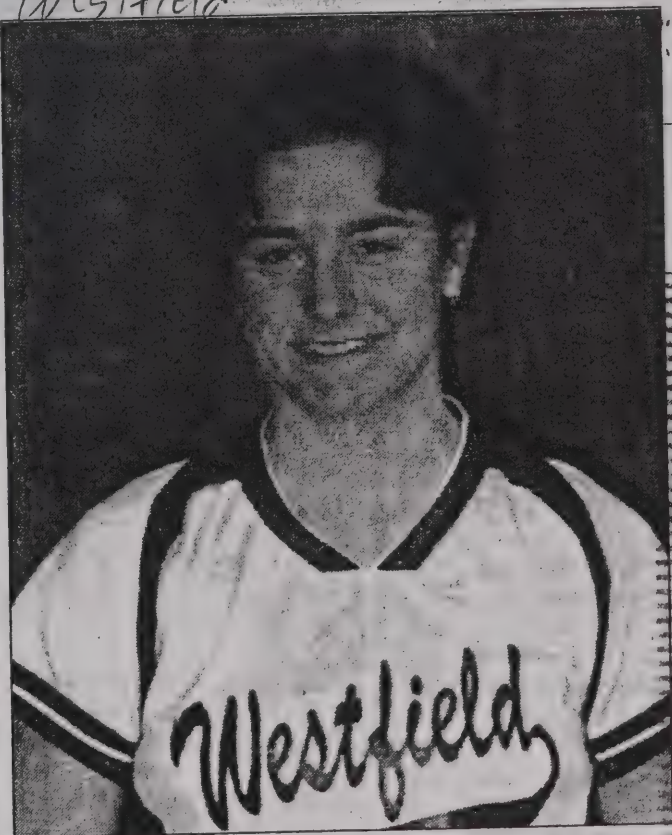
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AS

**Dowling stars
on the diamond**

Westfield



COURTESY PHOTO

Rosemary Dowling of North Andover was a key member of the Westfield State College softball team that finished second in the Mass. State Conference regular season with an 11-3 record. The junior infielder batted .301 and led the conference with 15 sacrifices. She also led the team with nine doubles.

The Republican, Wednesday, July 19, 2006

WESTFIELD STATE COLLEGE TRACK STANDOUT



John Messer, center, a sophomore at Westfield State College, received the track and field team's most valuable track performer award at the college's annual athletics banquet. Messer, a graduate of Westfield High School, won the Massachusetts State Conference 800-meter run. With Messer is Athletics Director Richard Lenfest, right, and most valuable field performer award recipient Dave Bergeron of Northbridge.

Submitted photo

SUNDAY REPUBLICAN

SPRINGFIELD, MA
SUNDAY 131,961
JUL 23 2006



New England Newsclip
AGENCY INC.

REPUBLICAN

SPRINGFIELD, MA
WEDNESDAY 91,713
JUL 26 2006

Newfield
RECORD-SETTING RELAY



Freshmen members of Westfield State College's 4 by 400 relay set a school record with a time of 4:06.82 at the New England Division III Championships. From left, Claire Glabach of Leyden (Pioneer Valley High School); Heather Beninati of Reading (Wakefield High School); Marlee Berg of Chelmsford; and Erin Kerr of Hampden (Minnechaug Regional High School).

Submitted photo

WESTFIELD EVENING NEWS

WESTFIELD, MA
TUESDAY 5,900
JUL 25 2006

Schuster, Hoynoski key

Freshmen Scott Schuster and P.J. Hoynoski were key members of the Westfield State College baseball team that compiled a 16-20 record during the 2006 season.

Schuster led the Owls with a .325 batting average (26 hits in 80 at-bats), 12 doubles and two home runs. He also drove in 17 runs and had a .402 on base percentage.

Hoynoski played in 16 games and batted .320 (8 hits in 25 at bats) with 10 RBI. Hoynoski also pitched in four games. He hurled nine innings and had a 1-0 record.

QUINCY SUN

QUINCY, MA
WEEKLY 7,000
AUG 3 2006



New England Newsclip
AGENCY, INC.

Pat Jaehnig, Steve Sullivan On Westfield Baseball Team

Quincy residents Pat Jaehnig and Steve Sullivan were contributing members of the Westfield State College baseball team that finished the 2006 season with a 16-20 record.

Jaehnig, a senior first baseman, batted .298 in 35 games and led the Owls with 18 RBI and ranked second with 34 hits, including six doubles and a home run.

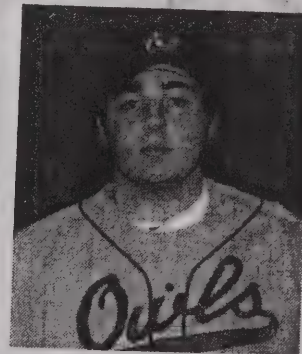
The Archbishop Williams graduate committed only two errors in 274 chances for a .993 fielding percentage.

Sullivan, a 6-3, 220-pound right-handed pitcher, played



PAT JAEHNIG

a pivotal role in more than half of his team's victories as a freshman. He recorded six saves as the closer and compiled a 3-2 record as a spot starter.



STEVE SULLIVAN

The Quincy High School graduate appeared in 14 games and pitched 32 innings with 21 strikeouts and a 4.78 ERA.

Six to enter Westfield State Hall

Five former Westfield State standouts and a long-time administrator will be inducted into the college's Athletics Hall of Fame on Friday evening, Oct. 13.

The Class of 2006 will bring the total number of inductees to 81 in the prestigious Hall. They will be the 11th Westfield State Athletics Hall of Fame induction ceremony.

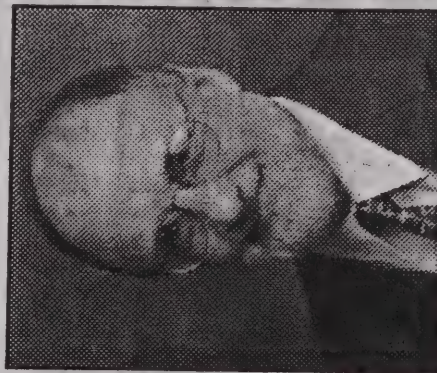
Heading the list of inductees are Richard Pierce, who served as the Westfield State athletic trainer for nearly 30 years — from 1977-

RICHARD PIERCE Athletic Trainer 1977-2006

Westfield State was in good hands with Rich Pierce as its athletic trainer for nearly 30 years.

Pierce, who retired this past June, has received many tributes for his outstanding service to the college community, which began in 1977. He treated thousands of student-athletes with care and compassion, and also found time away from his busy schedule to tend to the aches and pains of faculty and staff.

The Attleboro, Mass., native has been recognized both regionally and nationally for his dedication and exemplary service to the athletic training profession. This year he was inducted into the Athletic Trainers of Massachusetts (ATOM) Hall of Fame. In 2003 he received the "Most Distinguished Athletic Trainer Award", which recognized him for his 30 years of service to the National Athletic Trainers' Association (NATA) and the athletic training profes-



2006 — and track and field sensation Claudine (Rice) Poplawski, who won the 1994 NCAA Division III hammer throw national championship and the prestigious Penn Relays in 1995.

Here is the complete list of the Westfield State College Hall of Fame Class of 2006 inductees:

- Lance Campbell ('91), track and field/cross country, hometown: Cambridge, Mass.;
- Ellen (Carey) Leahy ('92), basketball,

hometown: Weymouth, Mass.;

- Mike Dorunda ('66), soccer, hometown: Easthampton, Mass.;
- Tim Peters ('94), football/track and field, hometown: Greenfield, Mass.;
- Richard Pierce, athletic trainer, 1977-2006, hometown: Attleboro, Mass.;
- Claudine (Rice) Poplawski ('95), track and field, hometown: Rowe, Mass.

Contact the Westfield State athletics department (413-572-5433) for ticket information.

1654

CLAUDINE (RICE) POPLAWSKI Track and Field Class of 1995

Claudine (Rice) Poplawski gained national recognition for Westfield State as an elite hammer thrower in the mid-1990s.

Poplawski won the 1994 NCAA Division III national championship in the hammer throw with a winning distance of 169-5. She earned her second All America certificate a year later by finishing second at the 1995 NCAA Division III national championships.

Her biggest accomplishment, however, was winning the prestigious Penn Relays in 1995. Competing against 12 NCAA Division I athletes, Poplawski unleashed a school record throw of 176-9 to earn the top spot on the victory stand.

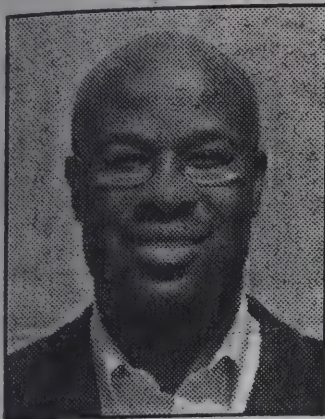
The Rowe, Mass., native wasn't big by hammer thrower standards, but her excellent technique and footwork allowed her to compete with the nation's best. She participated in three United States Mobil national out-



See PIERCE, Page 13

See POPLAWSKI, Page 13

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LANCE CAMPBELL

*Track&Field, Cross Country
Class of 1991*

Lance Campbell ('91) was a star performer for the Westfield State track and cross country teams from 1987-1991. During that span the middle distance standout earned two All America honors, 14 All New England certificates, four Massachusetts State Conference championships, and was a six-time national qualifier in the 800 meter run.

The Cambridge, Mass. native finished fourth in 800 meter run in both the 1988 and 1990 NCAA Division III indoor national championships. He just missed All America honors three other times, placing seventh in the 1989 indoor national championships, and eighth and ninth, respectively, in the 1991 indoor and outdoor nationals. Nowadays, the top eight finishers are accorded All America status.

Competing against athletes from Divisions I, II, and III, Campbell earned All New England honors six times. He

See CAMPBELL, Page 13

ELLEN (CAREY) LEAHY

*Basketball
Class of 1992*

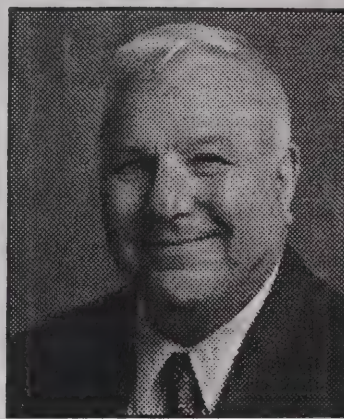
Ellen (Carey) Leahy accumulated many honors and school records during her outstanding three-year basketball career at Westfield State College in the early 1990s.

The 1992 Westfield State graduate set 24 school records in leading the Owls to two Massachusetts State Conference championships and an ECAC Tournament berth. She was the conference co-Player of the Year during her senior year in 1992 and a three-time first-team all-conference selection.

Leahy also was a second team All New England selection in 1992 when the Owls posted a then school record of 22 wins and seven losses and won their first and only conference postseason tournament. Westfield shared the conference regular season crown during her during year in 1991.

The athletic 5-9 forward currently ranks second on Westfield's all-time scoring list with 1,495 points, but she excelled at both ends of the court. She still holds school career

See LEAHY, Page 13



MIKE DORUNDA

*Men's Soccer
Class of 1996*

Mike Dorunda has received high marks as a high school coach, educator and administrator since graduating from Westfield State 40 years ago.

While attending Westfield State, the Westfield resident was a key performer as a stalwart defender on the Owls' first two soccer teams. In Westfield's inaugural soccer season in 1964, Westfield captured the New England State Conference championship. Westfield was edged for the conference crown during Dorunda's senior season in 1965. The Owls compiled a 19-5-1 record, including a 14-1-1 conference mark, during Dorunda's two-year collegiate career.

The Easthampton native earned an associate degree from Holyoke Junior College in 1964, a bachelor of arts in education from Westfield State in 1966, and a master's degree in secondary school administration from Westfield State in 1974.

Dorunda's collegiate academic and athletic endeavors have served

See DORUNDA, Page 13

TIM PETERS

*Football, Track&Field
Class of 1994*

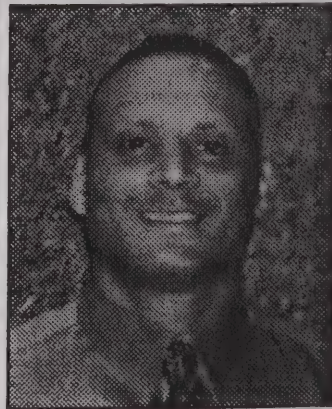
Tim Peters was a record-setting football player at Westfield State in the early 1990s.

The speedy wide receiver was a three-time New England Football Conference (NEFC) all-conference selection, and a second team Football Gazette All American during his sophomore year in 1991 when he set a school record of 1,116 receiving yards that still stands today. The big-play pass catcher had seven touchdown passes of 50 or more yards during his standout sophomore season.

The 1994 Westfield State graduate held 10 school records following his outstanding four-year football career, including most pass receptions in a game (10), season (53) and career (161); most receiving yards in a game (197) and career (2,782); and most touchdowns (22) and career points scored (132).

The Greenfield, Mass., native was a first-team NEFC all-conference selection in both 1993 and

See PETERS, Page 13



CAMPBELL

Continued from Page 11

placed third in the 800 during his sophomore and senior years in the All New England championships.

He garnered All New England Division III honors eight times, including four in the 1500 meter run and two in the 1600 meter relay. He holds the school record in the 1500 with a time of 3:56.4 at the Harvard Invitational. At the same meet he set the record, he came back to run as a "rabbit" for Olympian Steve Scott in the invitational mile that produced a rare sub four-minute mile indoors.

During his senior year, Campbell was the conference champion in the 800 and 1500 meter runs and as a member of the 1600 relay.

In cross country, Campbell was the individual runner-up at the 1989 and 1990 conference championships. During his freshman year, he was a key member of the 1987 squad that placed third in the New England regional qualifier and qualified for the NCAA Division III national championships.

The Owls achieved much success during Campbell's collegiate career. Westfield won four straight conference cross country crowns and four consecutive outdoor track and field conference championships. The Owls placed 10th in the 1988 indoor track and field national championships and second in the New England Division III outdoor championships. Westfield finished third in the 1989 New England Division

III outdoor track and field championships.

Campbell's running career continued well after college when he joined the Boston Athletic Association's (BAA) elite track team with a number of his former high school and college teammates. He was a member of the 4 by 800 meter relay team that finished third for the BAA at the 1995 USA indoor track and field championships.

He retired from competitive racing in 1995 and enrolled in graduate school at U-Mass Amherst, graduating in 1997 with a master's degree in regional planning.

During his high school days at Cambridge Rindge & Latin, Campbell claimed the 1987 New England 800 meter title with a still record time of 1:51.96.

Campbell is employed by the Boston Redevelopment Authority as a senior project manager. He has been a Boston Marathon volunteer since 1988, serving as the team captain escort for the BAA invited elite athletes program.

Campbell resides in the Hyde Park section of Boston with his wife, Cheryl, and three children: Lance Jr. (6), Savannah (4) and Myles (1). He is the second Hall of Fame inductee from his family as Cheryl - a seven-time All American hurdler at Ithaca College - had the prestigious honor bestowed upon her two years ago.

PIERCE

Continued from Page 11

sion. And in 1990 he received the Eastern Athletic Trainers Association's "Athletic Trainer of the Year" award.

After graduating from American University in 1973, Pierce served as the head athletic trainer at his alma mater for four years before moving back to New England. While working in Washington, D.C., he was a two-year summer intern with the Washington Redskins and worked with the Washington Diplomats of the North American Soccer League.

In addition to serving as Westfield State's trainer for 29 years, Pierce was the coordinator of the college's athletic training program from 1978 to 1995. He served as a clinical instructor for Westfield State's accredited athletic training education program for the past seven years.

Over the past three decades, Pierce has mentored approximately 125 students who have graduated from Westfield State's athletic training program. And 43 of them are currently certified trainers, including Don Del Negro ('84), the Boston Bruins' head trainer, and Stu Lempke ('88), former assistant trainer for the Carolina Hurricanes.

Frank Mastrangelo ('91), a former student athletic trainer at Westfield State, echoes the sentiments of many with these glowing remarks:

"Rich Pierce is a trainer who supports his students and treats them as a true part of the program. He has

been an effective mentor with all the human caring qualities and values that any parent would want in an educator, the qualities and values that last a lifetime. He holds all his students accountable and pushes them to their fullest potential. Rich is the teacher that always "does it for the kids" but does it silently behind the scenes. There is no doubt we are most fortunate to have him in the field of athletic training."

Pierce also has served on various state, regional and national athletic trainers association leadership committees, including a two-year term as president of the Athletic Trainers of Massachusetts (ATOM) from 1981-83. He was a founding member of ATOM and served as the first elected secretary from 1979-81. He was the secretary-treasurer of the Eastern Athletic Trainers Association from 1983-87, and currently serves as the District I representative to the NATA history and archives committee. He has also served as a Boston Marathon medical volunteer for nearly 20 races.

Pierce resides in Granville, Mass. with his wife, Mary Ann Fernandez. His retirement plans include travel and outdoor activities. He has applied to the United States Olympic Committee to participate in their volunteer athletic training program, and expects to continue athletic training and mentoring student athletic trainers on a limited basis.

POPLAWSKI

Continued from Page 11

door track and field championships, and earned All-USA honors with a sixth-place finish at the 1993 meet in Eugene, Oregon.

Poplawski also participated in the shot put and discus, and the 20-pound weight throw during Westfield State's indoor track and field season. She was a two-time New England champion and earned All New England honors three times. She received ECAC all-conference certificates seven times, winning three titles, and was a six-time

Massachusetts State Conference champion. She holds the school record of 47-3 in the 20-

pound weight throw.

Poplawski also excelled in the classroom, as she was selected the Massachusetts State College Athletics Conference's Senior Female Scholar-Athlete of the Year.

The Mohawk Trail Regional High School graduate earned degrees in elementary education and psychology from Westfield State College. She currently works as a special education teacher/liaison in the Rowe Elementary School. She lives in her hometown of Rowe with her husband, Dan, and three daughters: Hannah (7), Emma (6), and Grace (4).

LEAHY

Continued from Page 11

records for scoring average (18.7 points per game), free throws made (455) and attempted (664), rebounds (869), and ranks third in steals (237). She averaged 10.9 rebounds, three assists and three steals per game during her collegiate career.

Leahy's 572 points and 326 rebounds during her senior year remain school records. She also holds single season records for consecutive free throws made (17), and free throws made (178) and attempted (247). She holds the following game records: consecutive field goals made (10), rebounds (22), free throws made (20) and attempted (25), and field goal percentage (10 of 11 attempts).

Leahy also excelled in the classroom, as she was a first-team selection in 1992 and a second team choice in 1991 on the college sports information directors' District I All Academic team.

The Weymouth, Mass., native was a three-sport standout in basketball, softball, and volleyball at Archbishop Williams High School. She attended Quinnipiac University in Hamden, Conn., her freshman year before transferring to Westfield State.

Following her graduation from Westfield State, Leahy taught early childhood special education for seven years in the South Shore Education Collaborative. During this time, she earned a master's degree in special education at Bridgewater State.

Leahy now works part-time at the South Shore Education Collaborative as a behavior consultant in special education. She and her husband, Kevin, reside in Hanson, Mass., with their four children: Sean (5), Erin (4), Timothy (3), and Caitlin (18 months).

DORUNDA

Continued from Page 11

him well. He has coached high school soccer for 32 years, with a stellar record of 384 wins, 109 losses, and 67 ties heading into the 2006 season. He has a .746 winning percentage with only one losing season.

Since 1996 he has coached girls' varsity soccer at Hampshire Regional High School to a 136-29-28 record, including five Central Division championships, 10 Western Mass. tournament appearances, and a Western Mass. championship in 2005.

Dorunda began the boys' soccer program at Hampshire Regional in 1971 and coached the team through the 1988 season. He guided Hampshire to one state championship, two Western Mass. titles, 14 Western Mass. tournament appearances, and six league championships.

Dorunda took a four-year hiatus from coaching to watch his oldest son and daughter play soccer at Westfield High School. Dorunda returned to the coaching ranks in 1993 at Westfield High School, mentoring his two younger daughters as he led the girls' soccer team to a three-year record of 43-8-7 and three Kurty Division championships.

Dorunda also is recognized locally and statewide as a highly respected administrator. In August of 2003 he retired after 38 years of service to the Hampshire Regional School District, including the final 20 years as an assistant principal. He was a

PETERS

Continued from Page 11

1992, when the Owls posted records of 7-2-1 and 6-3, respectively, and contended for the conference championship.

Peters also was a key member of Westfield State's track and field program for three years. During his sophomore year, he captured the Massachusetts State Conference long jump and triple jump championships. He was a member of Westfield's conference champion 400 and 1600 relay teams in 1994. He earned All New England Division III honors in the 55 meter dash (fourth place) in 1994 and the triple jump (fifth place) in 1992. He was a member of four All New England relay teams.

Peters resides in Boca Raton, Fla., with his son Devan (9). He works as a development manager/business partner for CorTech LLC of Atlanta, Ga. He is responsible for developing and maintaining client relationships and supplying contract and permanent labor to telecom and semi-conductor companies throughout the United States.

Division 3 preview

Trinity not tired of its run

Devanney now in charge of streak

By Jeff Powalisz
GLOBE CORRESPONDENT

Sometime, somewhere, someday, **Trinity** will lose.

Amherst's E.J. Mills and the rest of the NESCAC head coaches are still waiting. As patiently as they can.

"They've won 30 in a row now, right?" Mills said. "There will be games where teams will compete. But whether or not they can beat them, I don't know."

Not much has changed at Trinity in recent years. The Bantams have been NESCAC champions since 2002 and are undefeated since 2003 in compiling the nation's longest winning streak. Something happened over the winter, though.

Jeff Devanney, a 1993 Trinity graduate and the coordinator of a defense that led the nation in scoring (4.5 points allowed per game) and yards (165.9 allowed) last season, was named head coach. Devanney replaces Chuck Priore, who took over at Stony Brook.

"We try not to talk or think about the streak too much," Devanney said. "But confidence has a lot to do with it. It's a mature group and very talented. They understand how to win."

Colby has spent a lot of time in Trinity's shadow, finishing in second place last year at 7-1. Thirty letterwinners are back to hopefully push the White Mules over the hump, including senior Mike Bracco, who led the team in tackles (67) and interceptions (four).

Bowdoin will try to recapture the magic of last year, when it went 6-2 — its best record since

1970 — and picked up confidence-boosting victories over Amherst, Middlebury, and Tufts. **Williams** returns a bevy of players at the skill positions, but must overcome the loss of three offensive linemen and three defensive backs.

Amherst returns senior wide receiver/return specialist Mark Hannon, the NESCAC Offensive Player of the Year who ranked first in the conference in all-purpose yardage (148.1) to go with a league-leading 10 touchdowns.

Senior safety Scott Secor (four interceptions) will be key to **Middlebury's** success, while senior defensive end Terence Ryan, who with 10½ sacks tied the NESCAC season record, returns to anchor the **Bates** defense.

Senior defensive end and Walpole native Chris Decembrele (74 tackles, 5½ sacks in 2005) will help dictate where **Tufts** finishes.

Junior defensive back Matt Pitarresi returns to **Hamilton** as a two-time leader in tackles (60 last year) and as an All-NESCAC second teamer. Not to be forgotten is **Wesleyan** and junior Zach Librizzi, who threw for 1,358 yards and ran for 204 more last year to lead the conference in total offense.

NEW ENGLAND FOOTBALL CONFERENCE — Fitchburg State coach Patrick Haverty knows his team's two-year run as Bogan Division champion is nearing the end.

"With the losses in the Bogan Division, you've got to look at **Bridgewater State** [as favorite]," Haverty said. "They lost only one game last year and they're talented year in and year out."

The Bears, who finished fifth in the final Division 3 poll last year, led the league in offense by a commanding margin (39.7 points to

Curry's 28.6). They also were first in rushing defense at 88.1 yards per game. **Fitchburg State**, which was second in that category at 94.5 yards, lost its all-time leading tackler in linebacker Frank Famularo as well as three-year starting quarterback Corey Hetherman.

Maine Maritime, coming off a 7-3 season, has senior Brandon Hamilton (six interceptions) back in the secondary. With seniors Steve Kasprzak and Izzy Ayala in the backfield, **Worcester State** will be solid on the ground again.

Westfield State ended its streak of five straight winning seasons last year, but still led Division 3 in pass defense at 112.8 yards per game. Senior defensive back Ryan Riley was a big reason. **Framingham State** graduated just five players and returns junior Eian Bain at quarterback. **Mass. Maritime** is strong on both lines, led by Chris Erickson and John Calnan on the offensive side.

The Boyd Division will be led by **Curry** and **Endicott**. Curry, which has reached the NCAA tournament three straight years, has gone 64-22 over the past eight seasons, including 9-3 in 2005.

"It's really all about having faith in our system, each other, and the coaching staff," Curry coach Skip Bandini said. "When everybody buys in, that's the whole key. It happened last year, and we're hoping it can happen again."

Returning all but three starters, **Endicott** is primed for its first NEFC championship. Defensive back Orlando Johnson was third on the team in tackles (37½) while compiling four interceptions, three breakups, and a forced fumble as the Gulls' lone all-confer-

REPUBLICAN

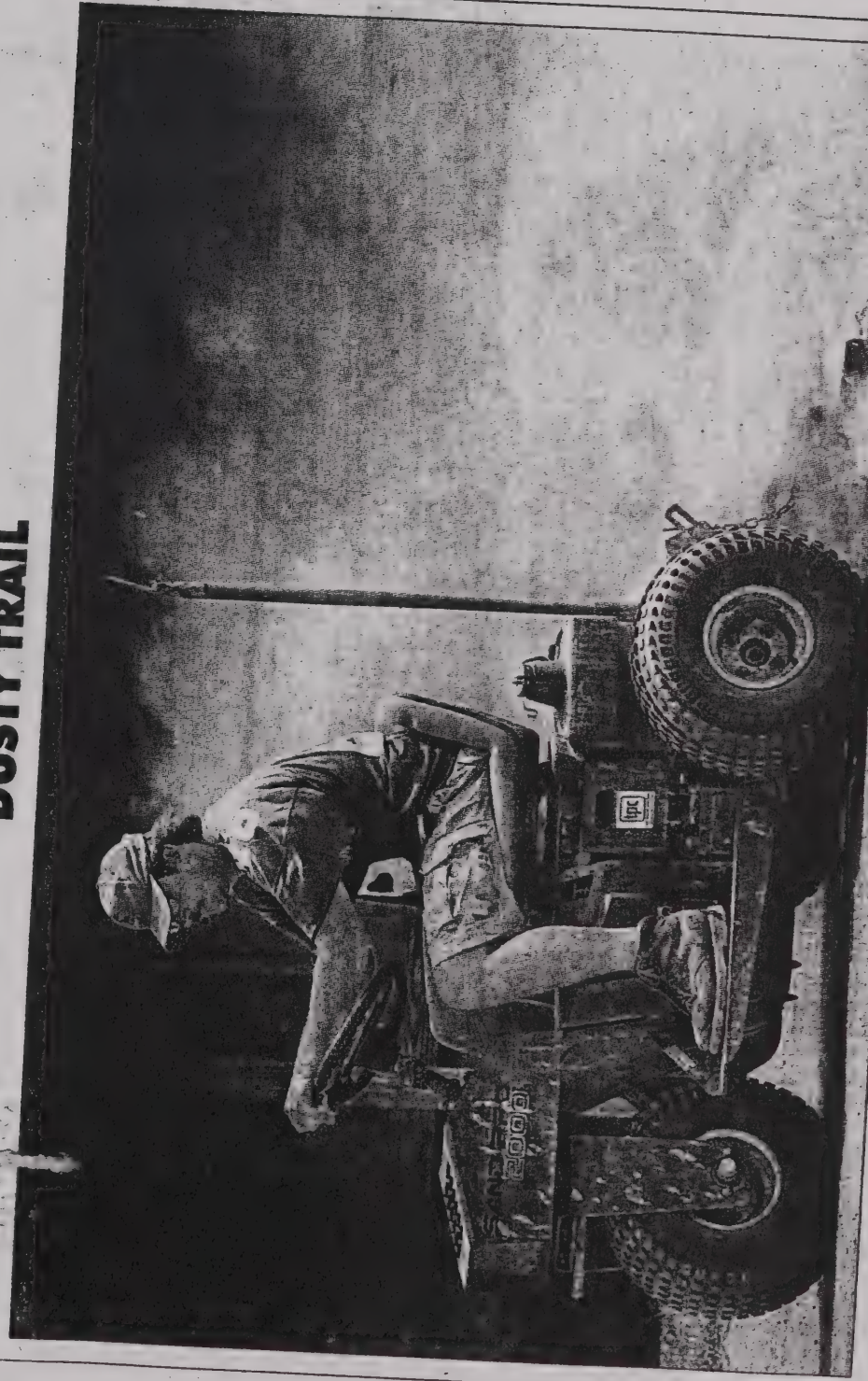
SPRINGFIELD, MA
THURSDAY 91,713
AUG 3 2006



New England Newsclip
AGENCY INC

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DUSTY TRAIL



Groundskeeper Brian O'Connell stirs up a dust cloud as he grooms the infield of the Westfield State College softball field yesterday in preparation for a team practice later in the day.

Staff photo by DAVID MOLNAR

WSC president thanked, lauded

By ALEX PESHKOV
apeshkov@repub.com

WESTFIELD - Outgoing Westfield State College President Vicky L. Carwein said yesterday that she will miss all of the extraordinary people she has met during her two years and two months on the job.

"I am going to miss so many people ... good friends that I've met, and colleagues here at the school, and people in the community who have been so supportive of this campus, and our Board of Trustees, and the students, of course," she said during a farewell reception in the lobby of the college administration building.

Carwein, WSC's first female president, announced her resignation last month in order to accept the chancellorship of Washington State University-Tri-Cities in Richland, Wash.

"This was a very difficult decision for me to make, but one that we had to make," she said.

Her husband, Bill Andrews, also has a new position in the same area.

"This is a day of appreciation for the president. Although she's only been here for two years, she has done an amazing amount of work both on campus and the external community," said Nanci E. Salvidio, executive assistant to the president.

College officials and residents offered farewell comments.

The speakers included Barry Maloney, vice president for advancement and college relations; Robert A. Magovern, vice chairman of the Board of Trustees; Bing Carey, chairman of the Westfield State College Foundation; Joan Rasool, senior vice president for academic affairs; Mayor Richard K. Sullivan

**Carwein announced her
resignation last month
to accept the
chancellorship of
Washington State
University-Tri-Cities in
Richland, Wash.**

Jr., and Allan W. Blair, president and chief executive officer of the Economic Development Council.

Maloney is scheduled to serve as interim president, starting on Aug. 1, while the Board of Trustees initiates a search to replace Carwein.

Carwein was presented with a gift from the college community - two "absolutely lovely" wall sconces, a decoration for the couple's new home.

"She really loves glass," Salvidio said.



Hundreds gather for farewell reception

Vicky L. Carwein, right, outgoing president of Westfield State College, and Pamela Mitchell-Crump, left, associate dean of academic development, chat during a farewell reception in honor of Carwein. The ceremony at the college administration building Wednesday gave colleagues and friends a chance to say good-bye to Carwein who is leaving the area to take a job in Washington state. (Photo by Frederick Gore)

Westfield Evening News Thurs., July 13, 2006

The MetroWest

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NEW ENGLAND SPORTS

Mutiny Soccer

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Rachel LeDuc
blasts a shot on net during
second half action.

Reminder photo by George Skovron

KO
THEATER

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Westfield/Southwick

www.TheReminder.com

College has farewell reception for WSC president

By Erin O'Connor
Staff Writer

WESTFIELD—“This is a bittersweet occasion,” said President Vicky L. Carwein to members of the College, the Public and the Board of Trustees in a farewell reception on July 12 in the lobby of the college administration building at 333 Western Avenue.

“Events in your life cause you to conspire to make a decision. Here I have so many good friends, grateful times and experiences being here,” she said.

After thanking all of her friends and colleagues for their support, she focused her audience on issues that she wanted to reiterate of importance.

“I will come back for the ribbon-cutting ceremony for the Washington Street School,” she said.

“It is important because the College is reclaiming a part of its history,” she said. “It makes a statement to the community about the school’s commitment to graduate education and making a connection with downtown area.”

Carwein mentioned the progression of the I-3 Program during her office and how she would like to see it continue in this p

The program provides seed money for the creation of new programs for the College.

“Ideas are only ideas unless other people think they are good ideas and then work to make them happen,” Carwein said.

Carwein expressed her wishes of the College continuing to play in a federal arena through the stimulation of creative thinking and doing interdisciplinary work.

“In closing, what you hope that what people say about you is that you are remembered for having encouraged and supporting the College and remembered for taking risks and doing things differently,” said Carwein.

“In academic universities you can’t be afraid to take risks or be afraid of failure. If you don’t take risks you miss out on the big things. Have the desire to take some risks and try things differently,” she said.

Carwein concluded her speech by inviting members of the audience to come and visit her at her new placement as chancellor of Washington State University, Tri-Cities in Richland, Washington, stating that its location is right in the middle of “wine country.”

Carwein’s seat is being temporarily filled by interim



Outgoing Westfield State College President Vicky L. Carwein addresses reception attendees. Carwein said the occasion was “bittersweet.”

Reminder Publications photo by Erin O'Connor

president, Barry Maloney, vice President for Advancement and College Relations while the Board of Trustees initiates a search for her replacement. Carwein’s resignation was announced in mid-June.

Westfield

THIS SPECIAL COLUMN FEATURES NEWS AND COMMENT FROM WESTFIELD STATE COLLEGE. LOOK FOR IT EVERY TWO WEEKS IN YOUR WESTFIELD EVENING NEWS.

Investing in our State Colleges: Pitfalls, Priorities, Progress

By VICKY L. CARWEIN.
President

Thanks to the conscientious (and practical) vision of influential business and legislative leaders, today we are seeing a new dawn of recognition about the crucial role state colleges and universities play in the Massachusetts economy. To keep our students and graduates competitive, Massachusetts needs to compete, too, with other states, that are leading the way in support of public higher education. In fact, according to the Boston Business Journal, those states are luring away



EVIE SOUCIE

Massachusetts' students and highly skilled workforce. Meanwhile, the Commonwealth lags in developing a coherent plan and adequate support to reinforce the link between public higher education and workforce development.

As a college president, I have seen first-hand how Massachusetts families need a strong public higher education system. They are the ones who rely upon our community colleges, state colleges, and universities. Did you know that two-thirds of all of the Commonwealth's high school graduates who go on to college in Massachusetts go to our public institutions? They become the graduates who in turn become

our workforce, especially in teaching, biotechnology, high tech, business, communications, and public safety careers. And yet, Massachusetts is at the bottom of the barrel in supporting public higher education: it ranks 47th in the nation per capita.

At Westfield State College, we are concerned that state support will continue to fall short. We are closely watching now as the state sets its budget priorities for the next fiscal year.

According to experts, for the state colleges alone, there is currently a \$95 million budget gap.

And yet, taxpayers should know that state dollars accounted for only 38 percent of Westfield State's operating budget in 2005...down from

41 percent in 2003. Nonetheless, the college depends heavily upon that state allocation, which was slashed more than 33 percent during our state's recent economic downturn and which has not recovered since. In fact, Massachusetts was the only state to cut public higher education funding in the 10-year period between 1994 and 2004; between 2002 and 2004, that funding was cut 23 percent. Westfield State's budget has been cut so much that even the budget increases that the legislature is working to provide will not bring us up to past funding levels. For instance, this summer Governor Romney cut the legislature's proposed public higher education budget by 1%. If that budget goes forward without a legislative override, the appropriation for Westfield State will still be \$1 million less than the college received five years ago! In the meantime, tuition and fees have risen only slightly, making public colleges the most affordable higher education choice in the state.

In addition to concerns about our operating budget, I am concerned about the great needs for better financial aid for our students and for funds to do basic campus maintenance that was deferred when public higher education maintenance funding was so drastically cut.

State support for student financial aid is too low. Over the past five years, Massachusetts lags as one of only four states in the country that has allowed its commitment to student aid to decline. While other states increased financial aid appropriations...by an average of 67%!...Massachusetts has reduced (by 13%) its appropriation for financial aid for students in need. An increase of \$20 million is needed just to restore funding to 2001 levels. The outlook for the next fiscal year is only \$5 million...and about half of that goes to students at private colleges. Because of these state shortfalls, Westfield State College used its own funds to provide \$1.7 million in scholarships last year. Finally, the state colleges urgently need a new bond bill to authorize capital projects on the campuses. The bond bill is needed not only to continue deferred maintenance spending at low existing rates, but also to proceed with special new projects. Many of the state colleges' science and other academic buildings were built 50 years ago. With the rapid pace of development in technology-dependent fields, such facilities are now inadequate. Moreover, at Westfield State, our enrollment has increased, growing by 8% from 2004-2005, while applications increased by 21%. We need up-to-date space and equipment for teaching these students in the new millennium. We also annually commit twice as much as the state requires to deferred maintenance, to ensure that our campus is as safe, sound, functional, accessible, and attractive as our students expect and deserve. Nonetheless, our capital allocation is the third lowest in the system.

Despite these challenges, there are signs of hope for public higher education. In a landmark report last year, the legislature's Joint Higher Education Committee identified a significant budget gap between what public higher education system needs...following years of budget cuts...and current funding levels. To remedy this situation, the Committee produced a blueprint for adequate support, to provide the best possible public higher education experience for Massachusetts families.

I very much appreciate the hard work and advocacy of these legislators, and especially of our own delegation, Senator Mike Knapik and Representative Don Humason. Mike served on the legislature's Conference Committee that proposed a net four percent increase to the public higher education budget overall. This certainly is a step in the right direction, a signal to Massachusetts families that their colleges and universities...their heritage and their choice...are important.

The chairman of the House Ways and Means Committee, Robert A. DeLeo, put it best. He said, "Our system of public higher education not only provides important opportunities for personal growth and economic advancement...but [also] enhances the strength and viability of the Commonwealth's economy."

Throughout its proud 167-year history, Westfield State College has created opportunities for Massachusetts. Wise investment, now, will sustain those opportunities into the future.

WSC to buy former court

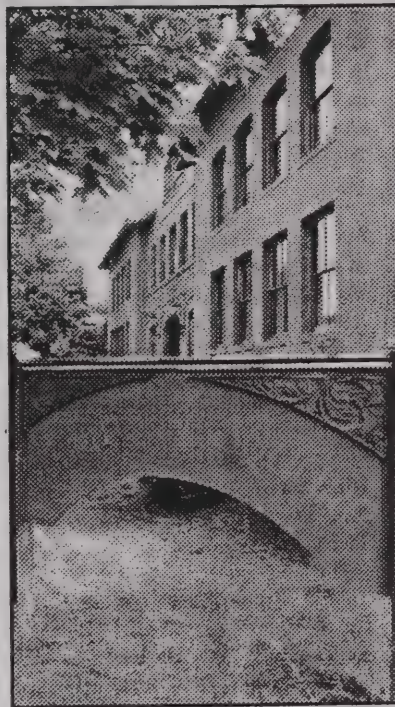
By DAVE CANTON
Staff Writer

WESTFIELD — After a lengthy procedural delay, the Westfield State College Foundation has agreed to purchase the school's original home on Washington Street.

Foundation Executive Director Robert Ziomek said this morning that the foundation and the current owner of the former Normal School and Westfield District Court building, Loan Stream, a Texas financial company, have agreed in principle on the terms of purchase. A buy and sell agreement was signed this morning Ziomek said.

While he refused to disclose the final purchase price, Ziomek did say the agreement is "in the range" of the foundation's original offer of \$400,000. Loan Stream will be responsible for paying approximately \$148,000 in back taxes and city fees. City Collector Michael McMahon said is owed on the building before a closing on the property.

The Westfield Normal School building at 27 Washington Street has served as the original home of what eventually become Westfield State College. Later the building served as a city elementary school, and most recently as the leased court house for the Westfield District Court.



COURTHOUSE SQUARE

The building has been vacant since the court moved to its new location on Elm Street in 2002.

Ziomek said the college remains committed to using the property for graduate student housing and for the college's Continuing Education pro-

See Courthouse, Page 12

WESTFIELD EVENING NEWS

WESTFIELD, MA

FRIDAY 5,900

JUL 28 2006

Courthouse

Continued from Page 1

gram, but said the specifics as to how the building will be used have yet to be worked out.

The foundation, the purchasing arm of the state school, has been interested in the property for a number of years, and had made the original \$400,000 offer for the property several years ago.

However, the building had been held in a portfolio of properties handled by the bond holder, Beal Financial Group of Texas. Because of the investment use of the portfolio, the actual ownership of the property was in doubt. An auction last month saw Loan Stream purchase the property for \$200,000, giving it clear title and the opportunity to sell to the WSC Foundation.

Dave Canton can be reached at dave.canton@wenpub.com



New England Newsclipp
AGENCY INC

251

Westfield State adds women's lacrosse for spring

WESTFIELD — Westfield State College announced recently the addition of women's lacrosse as an intercollegiate varsity sport for the 2007 spring semester.

"We are pleased and excited to be adding women's lacrosse as an intercollegiate sport in 2007," said Westfield State director of athletics Richard Lenfest. "We are apprecia-

tive of the administration's commitment in supporting our athletics programs and facilities. Adding women's lacrosse will enhance participation opportunities and allow our athletics department to continue to meet the needs of the students."

Westfield State, which had a women's lacrosse club program for the past three years, now fields 18

intercollegiate teams with the addition of women's lacrosse. The team will play an independent schedule during its inaugural varsity season, and in 2008 the Owls will become members of the New England Women's Lacrosse Alliance (NEWLA).

"The addition of the women's lacrosse team will enhance our

intercollegiate programs and strengthen our commitment to gender equity," said Dr. Arthur Jackson, Westfield State College vice president of student affairs. "Women's lacrosse is one of the fastest growing sports in the Northeast, and we look forward to our participation in NEWLA in 2008."

The NEWLA will consist of 10

teams in 2008, including Westfield's rivals in the Massachusetts State College Athletics Conference: Bridgewater State, Fitchburg State, and Worcester State.

Other NEWLA members are: Castleton State, Elms, Emerson, Lasell, Norwich, and Thomas

See WSC, Page 13

(WSC)

College of Maine.

Western New England College, a member of the NEWLA since 1999, will depart the NEWLA after the 2007 season and begin play in the Commonwealth Coast Conference as a full member in 2008.

CUNNINGHAM TAKES OVER

Janna Cunningham will take over as the first head coach of women's lacrosse. Cunningham was the head lacrosse coach at Nichols College for three years, and an assistant coach/assistant athletics director for a year.

She was a graduate assistant lacrosse coach for two years at Springfield College. She played

Continued from Page 11

three years of lacrosse at Elmira College in New York. She also played four years of basketball at Elmira and participated in two NCAA Tournaments.

In addition to her women's lacrosse coaching duties, Cunningham is employed full-time at Westfield State as the athletics facilities manager.

"We are extremely fortunate to have Janna as our first women's lacrosse coach," said Westfield State athletics director Richard Lenfest.

"As the athletics facilities manager and coach she brings experience, energy, and enthusiasm to our athletics department."



JANNA CUNNINGHAM

Intramural Sports

1-Pitch Softball, 3-on-3 Basketball, 5-on-5 Basketball, Banacos Road Race, Billiards, Dodgeball, Flag Football, Floor Hockey, Golf, Home Run Derby, Indoor Soccer, March Hoop La, Ping Pong, Punt, Pass, Kick, Racquetball, Sand Volleyball, Soccer, Softball, Sports Trivia, Ultimate Frisbee, Wallyball, Water Basketball, Water Polo, Wiffle Ball, Volleyball



Nationally-recognized track & field teams. Winners of nine Smith Cups. One of the highest participation levels in intramural sports of any college in the area. Athletics is an important part of Westfield's college experience.

- State-of-the-art facilities including a \$23 million dollar field house and outdoor athletic complex.
- 10% of the student body plays a Varsity sport
- 2,500-plus students participate in intramural sports
- Nearly 3,500 undergraduates are Wellness Center members

Varsity Athletics at a Glance

Team Nickname: Owls

School Colors: Blue and White

Outdoor Stadium: Alumni Field (4,000 seating)

Indoor Facility: Woodward Center (1,100 seating)

National Affiliation: NCAA Division III

Conference: Massachusetts State College Athletics Conference (MASCAC)

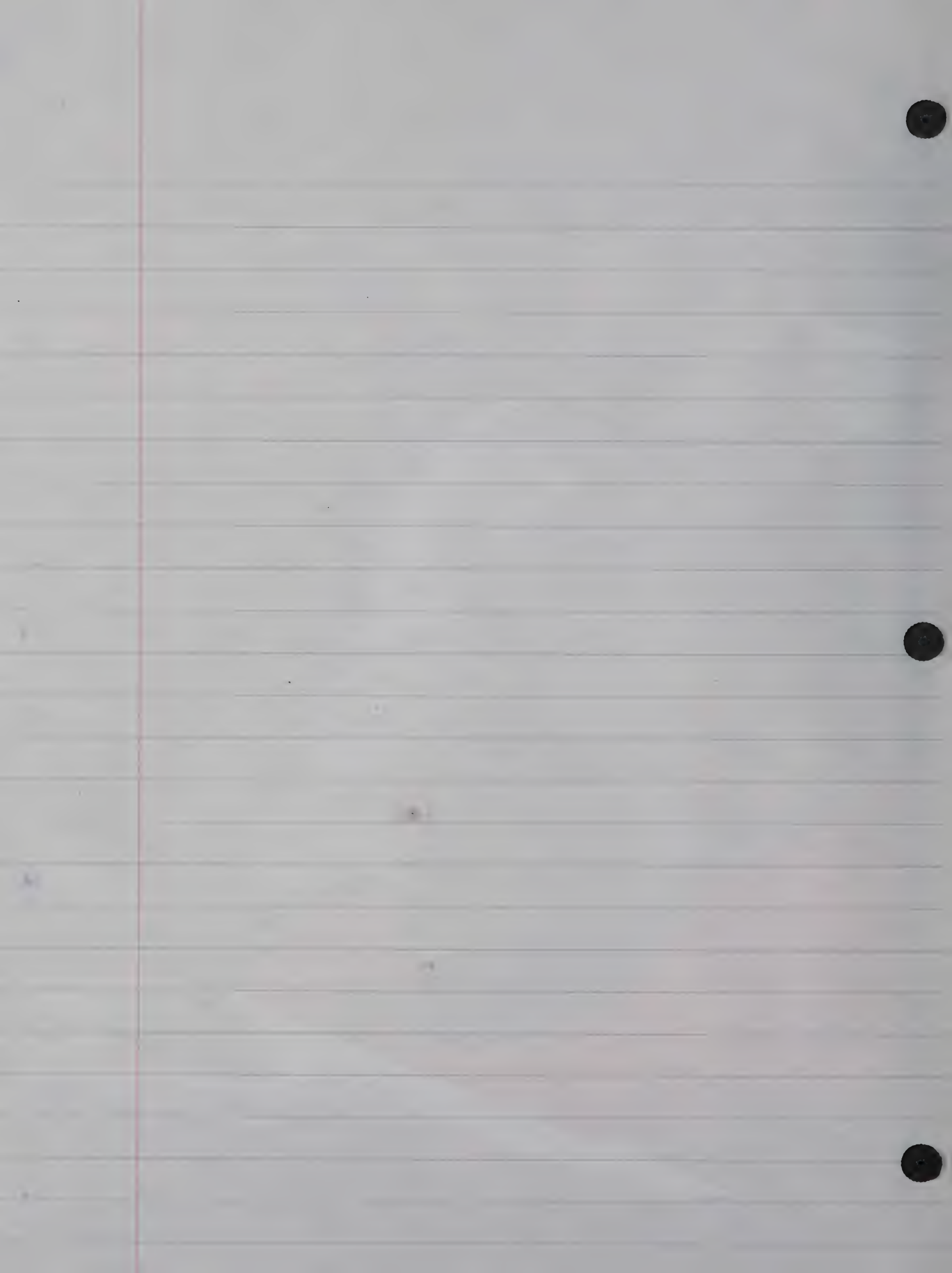
Varsity Teams

Men

Baseball
Basketball
Cross Country
Football
Golf
Ice Hockey
Soccer
Indoor Track & Field
Outdoor Track & Field

Women

Basketball
Competitive Cheerleading
Cross Country
Field Hockey
Golf
Lacrosse
Soccer
Softball
Swimming & Diving
Indoor Track & Field
Outdoor Track & Field
Volleyball





WESTFIELD STATE COLLEGE

Men's Basketball 2005 - 2006

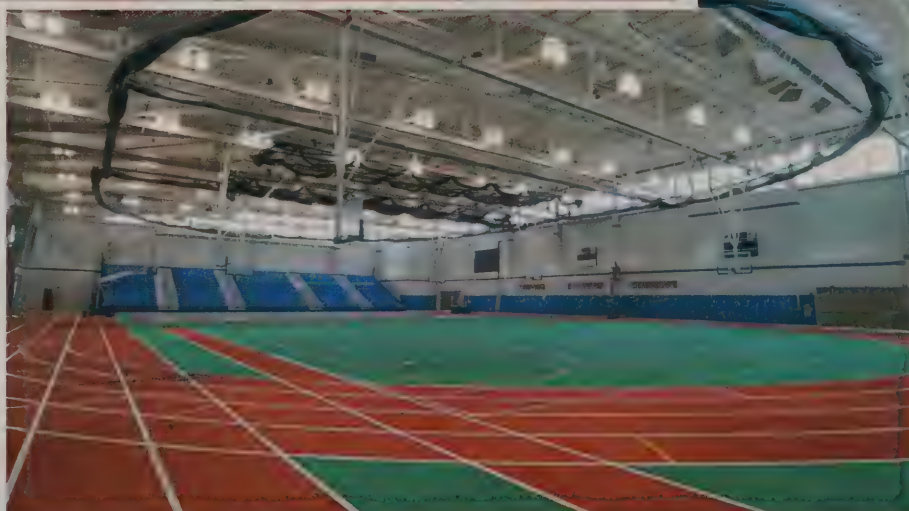


Team Captains



Woodward Center

WOODWARD CENTER





WESTFIELD STATE COLLEGE ATHLETICS

MEN'S BASKETBALL PROGRAM BOOKLET

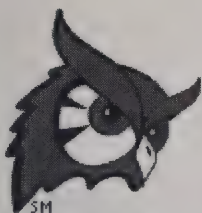
2005 – 2006 SEASON



Westfield State College
577 Western Avenue, Westfield, MA 01086, (413) 572-5405

2005 – 2006 Men's Basketball Schedule

Date		Opponent	Time
Friday	Nov. 18	<u>Gordon College Tournament</u> Westfield State vs. Southern Maine	6:00
Saturday	Nov. 19	Gordon College vs. Framingham State <u>Gordon College Tournament</u> Consolation Game Championship Game	8:00 6:00 8:00
Tuesday	Nov. 22	ELMS COLLEGE	7:30
Tuesday	Nov. 29	at Williams College	7:30
Friday	Dec. 2	<u>Pioneer Valley Classic @ WNEC</u> Springfield vs. Amherst Westfield vs. WNEC	6:00 8:00
Saturday	Dec. 3	<u>Pioneer Valley Classic @ WNEC</u> Westfield State vs. Amherst WNEC vs. Springfield	2:00 4:00
Monday	Dec. 5	at Mt. St. Vincent, NY	7:00
Thursday	Dec. 8	at Albertus Magnus	7:30
Sunday	Dec. 18	FISHER COLLEGE	1:00
Thursday	Dec. 29	<u>Staten Island Tournament, NY</u> Westfield vs. NYU Emmanuel vs. Staten Island	5:30 7:30
Friday	Dec. 30	<u>Staten Island Tournament, NY</u> Consolation Game Championship Game	5:30 7:30
Tuesday	Jan. 3	<u>Christopher Newport Tournament</u> Westfield vs. Eastern Connecticut Maine Presque Isle vs. Christopher Newport	6:00 8:00
Wednesday	Jan. 4	<u>Christopher Newport Tournament</u> Consolation Game Championship Game	5:00 7:30
Tuesday	Jan. 10	BRIDGEWATER STATE	7:30
Saturday	Jan. 14	at Worcester State	4:00
Tuesday	Jan. 17	SALEM STATE	7:30
Saturday	Jan. 21	at Fitchburg State	3:00
Thursday	Jan. 26	at Framingham State	7:30
Saturday	Jan. 28	MCLA	3:00
Tuesday	Jan. 31	at Bridgewater State	8:00
Saturday	Feb. 4	WORCESTER STATE	3:00
Tuesday	Feb. 7	at Salem State	8:00
Saturday	Feb. 11	FITCHBURG STATE	3:00
Thursday	Feb. 16	FRAMINGHAM STATE	7:30
Saturday	Feb. 18	at MCLA	4:00
Friday	Feb. 24	Mass State Conference Tournament Semifinals	
Saturday	Feb. 25	Mass State Conference Tournament Championship	



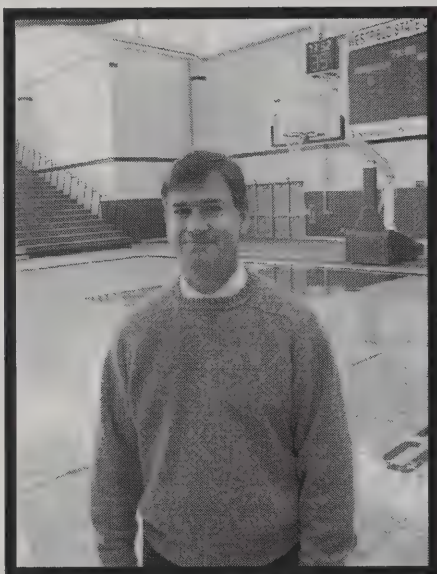
WESTFIELD STATE COLLEGE ATHLETICS

MEN'S BASKETBALL **2005 – 2006 Roster**

NO	NAME	CL	POSITION	HT	WT	HOMETOWN
31	Mike Jurkowski	SR	FORWARD	6-4	200	Belchertown, MA
15	James Ogbunize	SR	FORWARD	6-4	210	Staten Island, NY
21	Sam Gardner	JR	CENTER	6-6	205	Rehoboth, MA
10	Gavin Illangakoon	JR	GUARD	6-2	175	Ellington, CT
55	Christopher Fesko	JR	CENTER	6-4	225	South Hadley, MA
34	Curtis Gadles	JR	FORWARD	6-5	200	Pembroke, MA
24	Tony Collier	SO	GUARD	6-2	190	Colchester, VT
20	Andy Deffer	SO	GUARD	6-2	180	Beverly, MA
42	Matt Badjo	FR	CENTER	6-5	215	Worcester, MA
32	Dave Jaehnig	FR	GUARD	6-4	200	Quincy, MA
14	Matt Lynch	FR	GUARD	6-1	180	Braintree, MA
23	Kevin Knowles	FR	GUARD	5-10	170	Freetown, MA
30	Adam Morley	FR	FORWARD	6-3	225	Lakeville, MA
4	Chris Kinback	FR	GUARD	5-10	160	Shrewsbury, MA

MEET THE COACHING STAFF

HEAD COACH: RICH SUTTER



Eighth-year head coach Rich Sutter led the Owls to their third straight non-losing season in 2005. The Owls were 12-12, with the six losses to NCAA Tournament Teams.

The Owls were 13-11 in 2004, and in the previous season (2003), he guided the Owls to a school record of 13 straight victories and the No. 2 seed in the Mass. State Conference tournament. Sutter was selected the 2003 Conference coach of the year by his peers as he guided the Owls to their best record in nine years.

A New York native, Sutter has a wide range of coaching experiences, including a six-year stint as an assistant coach at Colgate University from

1991-1997. Colgate won three Patriot League Championships and appeared in two NCAA Tournaments during that span, and Sutter recruited All American Adonal Foyle, who now plays in the NBA.

Prior to coaching at Colgate, Sutter was an assistant coach at All Hallows High School in the Bronx, which produced standout Olden Polynice, and during the same two-year period worked as the physical education chairman at Holy Spirit High School. In 1998 he was the head coach at The Trinity School in New York City and guided the team to its first state tourney appearance.

In 1989, he served as an assistant for one season under Gary Brokaw at Iona College, and the previous year was at the U.S. Merchant Marine Academy, which made its first ever NCAA Division III Tournament appearance with a 25-2 record.

Sutter, 45, assisted Jack Curran, one of the top high school mentors in the nation, at Archbishop Molloy, NY High School from 1986-1988. During that stretch, Molloy's squad, which featured Kenny Anderson, won a city championship and was runner-up another year.

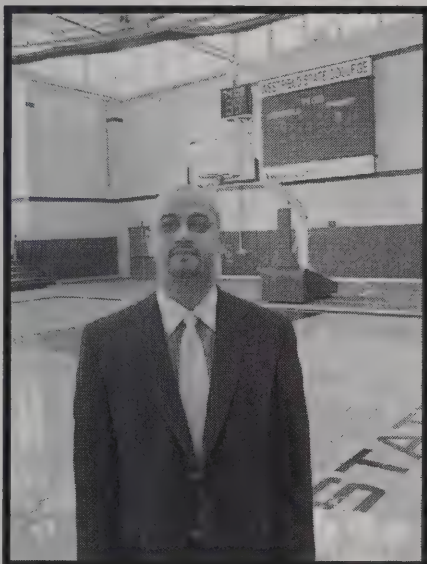
Prior to that position, he was head coach for two seasons at the Hackley School in Tarrytown, NY, where he produced back-to-back 15-win seasons, the first winning records at the school in nearly 20 years.

A 1984 graduate of St. Bonaventure University, Sutter earned a Bachelor's Degree in Political Science, and was a student assistant coach under Jim O'Brien. He was second team all-city and all CSHSAA selection as a scholastic player at Sacred Heart in Yonkers.

Rich resides in Westfield with his wife, Ally, and his daughter, Jordan Catherine Sutter.

MEET THE COACHING STAFF

ASSISTANT COACH: JUNIOR DELGADO

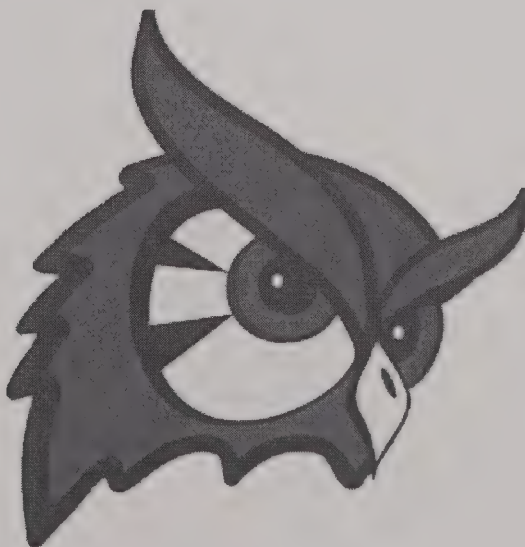


Fifth year assistant and Recruiting Coordinator, Junior Delgado returns to the sidelines to assist Rich Sutter in guiding the Owls back to prominence. The previous four years he has assisted the Owls program in four successful seasons. A Westfield native via Puerto Rico, Delgado has a wide range of coaching experiences. Prior to Westfield, Junior served as a Volunteer Assistant Recruiter for Elms College in Chicopee, MA. Elms College was in the second season of being a co-ed institution.

Prior to Elms College, Junior served as a Volunteer Assistant Coach and Recruiter at Springfield Technical Community College, Springfield, MA under James Hector, a Division II All American at American International College, Springfield, MA.

During 1997 – 1998, Junior served as the Varsity Girls Basketball Coach at Westfield Vocational Technical High School in the program's 3rd year of existence. Delgado is active with various basketball clinics as well as spending two summers with the SOY Basketball Clinic for inner city youth in the North End of Springfield, MA.

Junior resides in Westfield with his wife, Jennifer, four cats, and one rabbit.



GO OWLS!!!

MEET THE COACHING STAFF

ASSISTANT COACH: KRIS KACHELMAYER



Kris is in his second year coaching at Westfield State. Prior to Westfield, he served as the JV coach at Greenfield High School.

Kris was a four – year varsity player for Westfield State, graduating in 2001. He scored 890 career points and received the athletics department's prestigious sportsmanship award in 2001.

Kris's Pioneer Valley Regional High School team won a Division 3 Massachusetts state title in his junior and senior year.

ASSISTANT COACH: ETHAN SLAVIN



Ethan is in his second year coaching at Westfield State after enjoying a four-year varsity career here from 1999-2003. During his senior year, he was named to the MASCAC All-Conference team while helping the Owls to a school record 13-game winning streak. He holds the school record for free-throw percentage in a season (87%, 2002-2003) and led the MASCAC in three-point percentage in both his sophomore and junior seasons. He finished his career with 750 points, 222 assists, and 158 three-point field goals made, which is second all-time in Westfield State history. Slavin shared team most valuable player honors with teammate Phil Connors after his junior year and was also named Westfield State Male Scholar Athlete of the Year in his senior year. He was also the initial recipient of the Rick Martin Award.

Ethan has previous experience along the sidelines. As a senior in high school, Ethan was an assistant coach for the Westchester (NY) Panthers AAU team. He also worked for a number of years as a counselor at Teaches Basketball Camps throughout Westchester County.





WESTFIELD STATE
ATHLETICS

GO OWLS!!!

OWLS IN ACTION

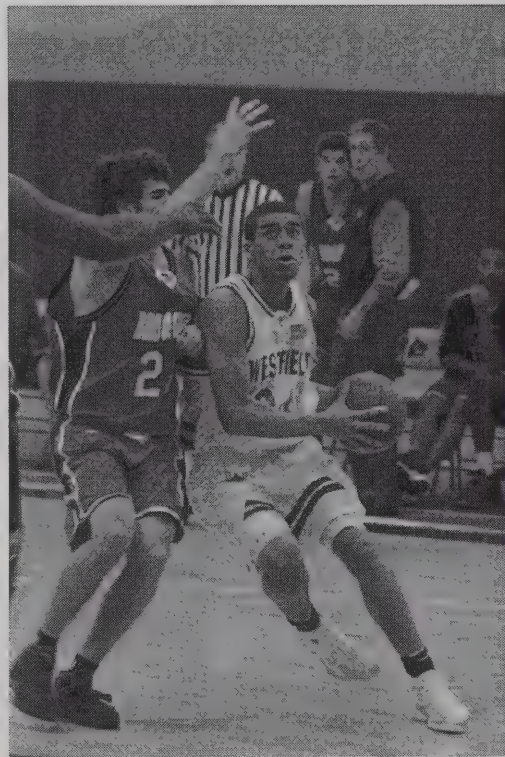
Garin Ellangahoon



Dave Jaehnig



OWLS IN ACTION



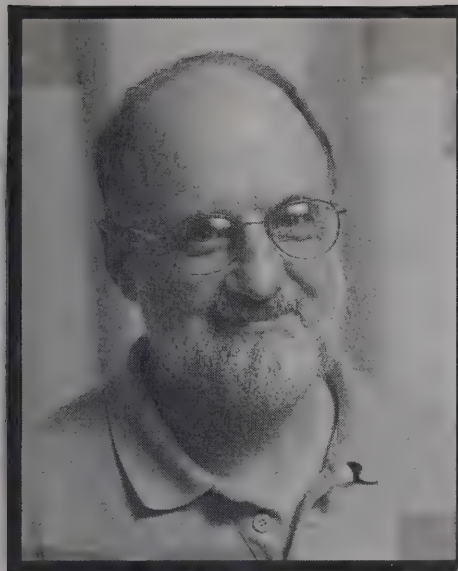
OWLS IN ACTION



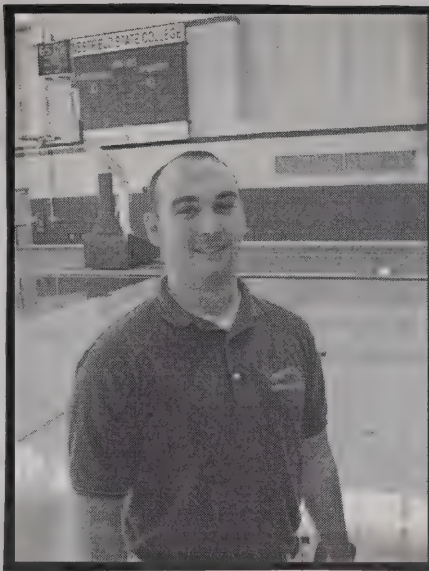
OWLS IN ACTION

Mike Furkowski

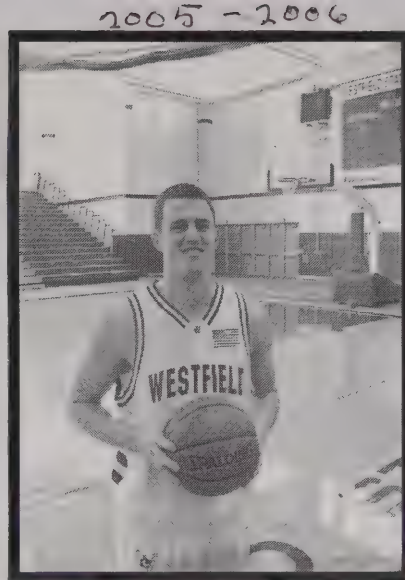




Head Trainer
Richard Pierce ATC, LAT



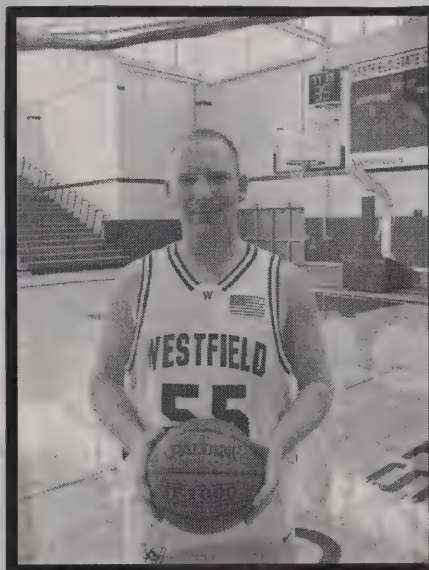
Assistant Trainer
Mike Conroy ATC



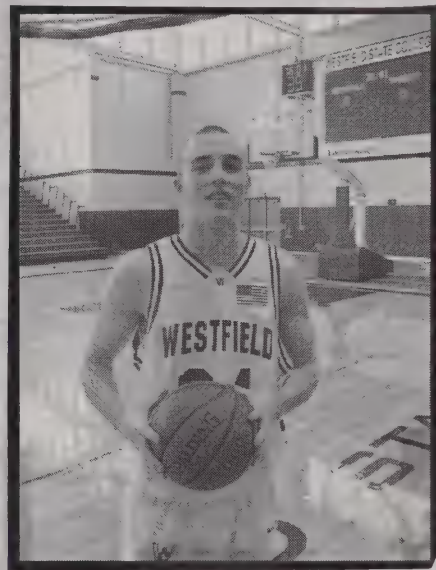
Mike Jurkowski



James Ogburne



Christopher Teske



Curtis Stadler



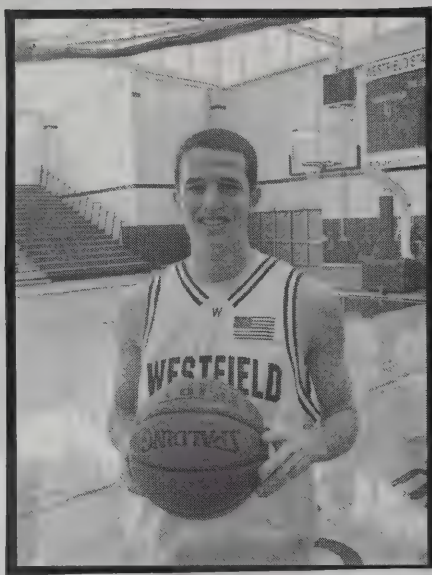
Samuel Gardner



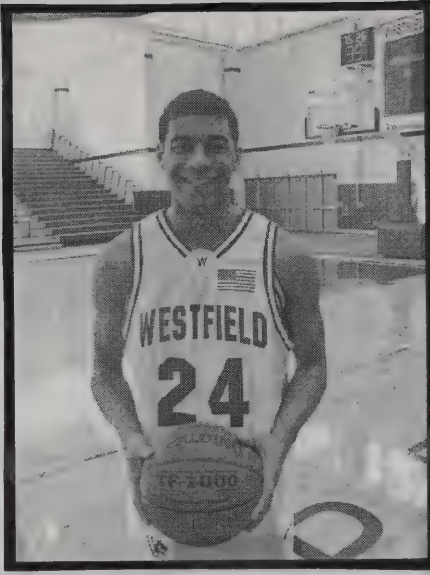
Gavin dellangakoon



Matt Badjo



Dave Jackson



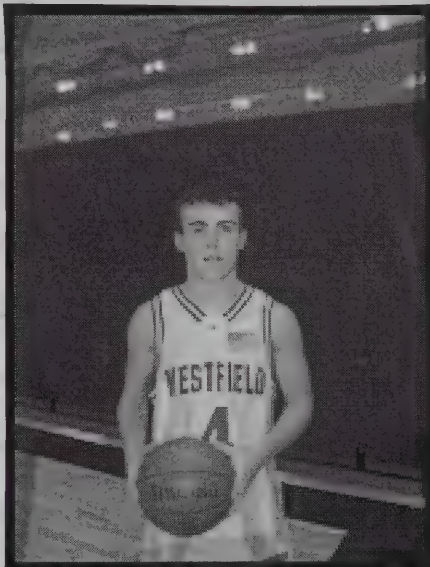
Anthony Collier



Andrew Deffer



Adam Morley



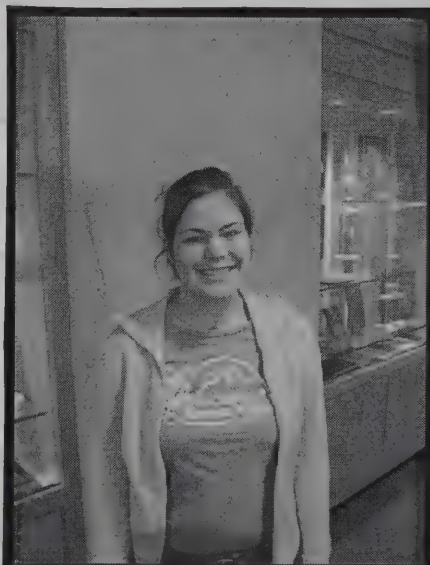
Chris Kinback



Matt Lynch



Kevin Knowles



Sara Ciechomski
Manager



Tim Flint
Manager

OWLS IN ACTION



OWLS IN ACTION





WESTFIELD STATE ATHLETICS

Westfield State College • 577 Western Avenue, Westfield, MA 01086 • Tel: 413-572-5405 • Fax 413-572-5477

October 4, 2006

Robert Farr
61 Carroll Dr
Westfield, MA 01085-2126

Dear Robert ,

We would like to invite you to join us for the dedication of the new interactive Charles "Bud" Hagan Athletic Hall of Fame at Westfield State College at Noon on October 14, 2006.

While the Hall of Fame has been in existence since 1994, the new interactive display in the Woodward Center will give guests to campus the opportunity to learn much more about the Hall of Fame and its members.

A touch screen display will show the Hall of Fame inductees by induction class, graduation, year, sport or name, and includes biographical data on the playing career of each inductee, mirroring the Hall of Fame information now available on the WestfieldStateOwls.com web pages.

A complimentary luncheon will follow the dedication.

After the luncheon, the Westfield State football team kicks off its homecoming game against Framingham State at 1:00 p.m. on the newly-renovated Alumni Field, and the Blues 'n Brews Festival Tent will be available throughout the day next to the Woodward Center.

We hope you can join us as we celebrate the dedication of the Hall of Fame and continue to upgrade our facilities and the athletic experience for both our current student athletes and alumni.

Please RSVP to Dave Caspole at 413-572-8198 or at dcaspole@wsc.ma.edu to confirm your attendance.

Sincerely,

David P. Caspole '94
Senior Development Coordinator for Athletics

Richard Lenfest
Director of Athletics



Office Products **C**
Brea, California 92621

Heavy Duty Binder
Product of US Origin with Foreign
Components

WESTFIELD AT A GLANCE

Fast Facts

More than 4,500
total students

55% women; 45% men

18:1 student to teacher ratio

211 full-time faculty and
librarians

135 tenured

89% hold advanced degrees

31 majors

Most popular majors – criminal
justice, education, business
management, psychology,
communication

34 minors

7 graduate programs

Average yearly cost for full time students

\$16,832 – in-state

\$22,912 – out of state

Why Westfield?

- › Big school amenities...including first class athletic facilities, state-of-the-art student center, wired classrooms and wireless campus.
- › Small school advantages – low student to faculty ration (18:1) and lots of opportunities for campus involvement.
- › High-quality, innovative academic programs, affordable and extensive opportunities to study abroad. Internships that prepare you for what's next.
- › 31 undergraduate majors, 43 different concentrations, and many options for minors.
- › Today's most popular majors: Business, communication, criminal justice, education, psychology, athletic training and social work.
- › A highly-rated and accredited Commonwealth Honors Program for academically gifted students (those with a minimum high school GPA of 3.5 and combined SAT scores of 1150). Plus, Merit and Tsongas Scholarships for high achievers.
- › Great value. Westfield State University, ahead of Harvard, Amherst College, the University of Massachusetts and Williams College, ranked as Massachusetts' top cost-effective college based on the success of Westfield students in obtaining their attempted degree.*
- › Proven track record. Among the highest retention and graduation rates of the Massachusetts state universities.
- › A beautiful, residential 256-acre campus conveniently located in the Pioneer Valley; 90 miles west of Boston; 30 miles north of Hartford; 15 miles west of Springfield.
- › A real sense of community and school spirit.... a focus on giving back and having fun.
- › "One of the top 125 institutions in the North," according to the 2010 edition of U.S. News & World Reports' "America's Best Colleges" in the category of Best Universities – Master's.

**According to a 2010 MassInc. Study that ranked colleges by graduation rate according to what an average student pays for tuition, costs, room, board, books and supplies and other measures of college cost-effectiveness.*



Welcome to

Westfield State University



Westfield
STATE UNIVERSITY

Founded 1838